

# WATER-CURE JOURNAL

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**PERSONAL.**—Wm. D. Potts, late of Rockford and Galena, Illinois, is requested to report himself to this office—at his earliest convenience.

## General Articles.

Many Contributors present their own Opinions, and are alone responsible for them. We do not endorse all we print, but desire our readers to "PRAY ALL THINGS" and to "HOLD FAST" only "THE GOOD."

## WORDS WITH WOMEN ON REFORMS.

BY DR. LYDIA SAYER.

The spirit of reform is abroad, implanting itself in the hearts of the people. While instead of a ray of loveliness, an irresistible moral power, we see little save mildew and blight.

Intemperance is flooding the land with misery and vice. Tobacco is besotting and poisoning the life of thousands. Voluptuousness and fashion, in their tyrannical sway, are narrowing the mind and prostrating the physical energy. In our halls of legislation, how many, in the hope of promotion, sacrifice their principles, becoming mere puppets and time-servers. And in this catalogue we would place that of Woman's wrongs.

These continue, not because they are unknown, but because they are strong. They may seem to stand among us as the mountain secure on its base, so firm its hold on society. Yet I firmly believe eternal truth and justice proclaim their fall, and ere long must their reign cease.

To accomplish this, will require the coöperation of every noble heart. Let us pray as did Milton, that our "lips may be touched with a live coal from off the altar of truth." Our souls warmed by this fire, may our marks not be few in the strife. When once we have aroused the ocean of error, let it feel our step as we stride from wave to wave.

It is not the man or woman of words who is the impersonation of the spirit of truth and right; but the actor, the firm, unflinching, energetic actor, who is ready at all times to breast the wave of error, while they uphold the spirit of right, not waiting to see whether their neighbor will stand aid by their side. Well may it be said, "he gives twice who gives early," for in the infancy of a reform, one tells more than dozens after the standard is firmly planted on the enemy's rampart.

Are we yet playing with the pebbles on the beach? If so, let's dally here no longer, but

launch our bark on the broad blue ocean of reform. If storms arise, it will test our skill as mariners to breast the stormy wave, to outride the tempest. Not move with sluggish steps, if in our soul burns the lightning fires of thought; send them forth on their mission to arouse the dormant energies of others. It is an imperishable offering needed on the shrine whose incense will go forth as an engine of reform, not a mere crackling of thorns, a sudden blaze of the spirit; but in earnest tones arouse the earthly demons from their revels, while light burning with renewed brilliancy penetrates the abodes where linger some of earth—once noble but now fallen sons.

Men and women are alike cowards, while they boast of the heroism of their forefathers, the heroic suffering of their grandmothers, in freeing the land of their adoption from the galling chains of bondage; they have not the moral strength to face a scornful curl on the lip of folly.

Men cease with avidity any improvement in the arts and sciences, while a reform for the elevating and improving his own, and the intellectual, moral, and physical development of all around, he would crush in its embryo, as the serpent entwines its victim in its hideous, scaly folds.

To elevate society to a higher standard, we must have the coöperating influence of the true and noble, who will not yield their principles for the gems of Golconda, nor turn weaver to the voluptuous Venus, though by doing so they might win her charmed girdle: men and women, as Lucy Stone would say, who would not flatter Neptune for his trident, nor Jove for his thunderbolt.

Viewing society as it is, can we wonder at the exclamation of that noble artist, Claude Lorraine, when asked why he had not adorned a beautiful landscape he had just finished with the figures of men. "Man has made himself so inferior to the world he inhabits, that his presence destroys the symmetric harmony of the scene." How humiliating the thought, made a little lower than the angels, in the image of the Divine, now so fallen.

We see the fumes of tobacco, and its poisoning juices, permeating every grade of society; as the deadly sirocco, it prostrates the hopes of thousands, weakening the intellect, destroying the health, and often dethroning reason, peopling

our lunatic asylums and mad-houses, not in fancy, but reality ; for we have the evidence from an asylum in Pennsylvania, that sixteen young men were in that institution whose madness was caused by tobacco ; this is but a single instance of many. And yet it is fostered in almost every home ; for fashion has stamped her seal of approval upon the "savory Havana," and woman dares not frown down this terrible pollution ; she lacks the moral strength to raise her voice to crush this hideous deformity. The lip wreathes in smiles at the approach of one to whom it should curl in proudest scorn ; the eye dances in merriment when it should flash in indignant pride on one who follows a practice that vitiates the very air we inhale—the fount of purity and life. And of all the rights we have need of demanding, it is the right to heaven's breezes uncontaminated with the filthy odor of this vile weed. Daughter of America, why will you thus administer to your own debasement ? why smile at the blight that is festering in your midst, withering the fair buds of promise often before they are plucked from the parent tree ?

Thousands are now resting in the great moral crucible, undecided whether to throw themselves in the tempestuous ocean of reform, or calmly stand by and wait the issue. If we would share in the glories of the triumph, we must also participate in the trials of the conflict.

There is another field of reform demanding many laborers ; through it meanders the dark and sluggish stream of intemperance, on its turbid waves float many an alluring barge, freighted with cargoes labelled ruby wine, sparkling Champagne, juleps, cordials, and a host of the like. Too many take passage on these delusive barks ; first basking in the sunshine on deck, but soon becoming too debased for the society of the new comer, are stowed away in the hold. The siren lures them on ; they, powerless to resist her intoxicating embrace, at last plunge madly into the bosom of that stream which bore them up so exhilarating but a short time before, now grown terrific and dreadful closes over an unsightly mass of what was a bright ornament to the world, brilliant in talent, unspotted in character, noble in the heart's purest affections. Can nothing be done to keep the bright and gifted, as well as the ignorant and vulgar, from this fearful doom ? Woman canst thou, durst thou fold thy hands, saying a little more sleep, a little more slumber, a little more rest ? Arouse from this lethargy ; thou art a great sufferer, yet a great offender, while thy persuasion and entreaties go forth damp with the dew of thy life-blood. Too often art thou planting the same seed in the virgin soil of thy child, pampering his appetites with that which stimulates and destroys its healthy tone ; soon its diseased cravings demand a more and more exalting draught, with fearful strides it gains upon him, fastening its vulture fangs in his heart, until, lost to all honor and shame, he drinks and drinks, and with a demonic gasp he shrieks for more to quench his burning thirst.

Dare to do right, remembering it is the rising of one bird in the air that causes the whole flock to follow. It is thus in the atmosphere of new truths, of suppressed rights ; there must be pio-

niers to clear the way, to fertilize the untrodden soil with their blood, that it may bring forth an abundant crop of rich fruit for those who now revile their going out. It has ever been that the martyrs of each age have been crucified by their own times, to be recognized and praised by those who come after. To become a martyr, it is not needful to be nailed to the cross, or bound to the stake. It is not the lone attack of the open enemy that is to be feared, it is the cowardly assassin who stabs but in the dark. The dagger's point, corroding in the heart's blood, may not be of steel. But, ah ! there is a stiletto more deadly and poisonous in its work, compounded from the crucible, into which, without count, and it may be without thought, has been thrown hints, insinuations, whispered words, coveted looks, and smothered sneers. In this there is a refined torture admitting of no farther purgative, wilting the germ of life, crushing the vigorous bud that it may never expand into a fair, free, beautiful flower.

You may say it is vain to be sane when the world is mad, yet I fail to see the analogy, or to think it my duty to plunge into the polluted stream of error, though in its wild vortex it engulfs the mass, or carries upon its bosom the accumulated freight of centuries. Is it not rather strong proof why those who have the strength should keep clear of its corruptions, obeying the command to come out from among, and separate themselves from the errors prevalent ?

If you believe it to be right, nobly and firmly vindicate freedom of speech ; the liberties of both politic and civic action show a high heartedness above malice, for many of our accusers battle in ignorance, not knowing what they do, and are more worthy our pity than hate. Sir Isaac Newton was called an old dotard for saying that the time would come when men would travel at the rate of fifty miles per hour ; to doubt this would sound strangely now, and who would be the dotard ?

When the subject was first agitated about steamships crossing the ocean, a member in the British parliament said he would be willing to swallow the first engine that ever crossed the Atlantic. Doubtless he was willing to retract when better informed.

The prisons of the inquisition incarcerated a Galileo for asserting the motion of the earth ; and shall we grow faint in meeting a little opposition for declaring society made up of time-honored inconsistencies and long sanctioned absurdities ? Let us rather plant our foot firmly on the rock of truth, fast by our principles, and the most fearful wave from the ocean depths of prejudice cannot bear us from our stronghold.

To woman I would say, go forth as a stream of many tides against the foes of truth ; you have too long stood inactive stretching your lily hands over the hero. Arouse, and be heroes yourself ; not in the blood-stained battle where you will cause your brother's blood to liek the dust, but in the ranks where you may raise that brother from such wrong, guiding him to the resplendent light of truth and right. Let not your efforts be like the ghost of Ossian, emitting a shrill, feeble cry, then vanishing into smoke ;

but rather as the shrill cry of the eagle, gathering strength as it prolongs its flight, filling the air with its clarion notes. Not as the comet, dazzling for the moment, but like the fixed star, ever presiding and imparting to the world its steady and refulgent light.

If the matchless wisdom of our constitution, whose great central truth is human equality, as defined by man himself, let us, if convinced we can do more good in this sphere, demand to be recognized as one of the "humans," basking in the light of its truths, imbibing rich draughts from its fount of wisdom. For, have we not been rocked in the same cradle, nourished by the same love, played upon the same hearthstone, worshipped at the same altar, twin children of a common mother, while each subsequent beatitude, as if flung from angels' wings, has radiated over our pathway until we arrived at the goal of maturity ?

Why is it that here we must part asunder ; that our interests, our devotions, must ever after flow in separate channels ? Can our eyes flash with pride, or our hearts beat with rapture, when we behold our American eagle proudly pursuing its flight through the air, if we are debarred from participating in the glory and honors over which he so proudly soars, or exultingly flaps his wings ?

Political truths are based on eternal justice, and such truth will warm and kindle up mankind forever in the pursuit of right against might. It will be a fountain of living light illumining our pathway as we mingle in the wild tumults and hot strifes of the world's dissensions, a living witness to the light of truth within our own souls. I know that politics at present is a terrible maelstrom from which virtue and conscience seldom comes out without a stain. Instead of Christian and patriotic legislation, what is presented before us as the bulwarks of our nation's honor ? A tide of iniquity and corruption, deluge-like with its mammoth freight of ruffian and irresponsible politics, sweep into our infidel legislation, while every glad and beautiful package of truth is borne away as a wreck upon the waters.

How is this polluted stream to be purified ? May it not be that woman's exclusion from its midst has caused this ? We find God has so intimately linked together the interests of the race, man cannot separate them without all suffering and corrupting the whole ; let us look well to this in seeking the cause.

Error throws around her sacramental robes, and is baptized in so many forms, that one whose heart is not enlightened with the rays of truth, and watchful to discern her presence, will often find himself yielding to her voluptuous embrace ; she sits a queen of night in our midst, yet must be dethroned.

Where is the man or woman that has eyes to see, or heart to feel, who is not impressed with the great duty of action ? We must lay aside pathos and poetry, and dwell in an atmosphere of stern reality ; we must, in viewing the misery around us, ask the reason why.

Woman must arouse from her nomadic life, she must fling off her swaddling bands, master the rudiments of knowledge, and pause not until she is mistress of the highest forms of intellectual



culture; for if knowledge gives power, thus will her field be enlarged, her weakness acquire strength and an irresistible force that will crush those silly arguments now resting so blighting on her, maiming her powers for usefulness, making her imbecile amidst the restless, earnest tide of the age, on whose bosom her bark is needed to make the squadron complete. While thus equipped, she can safely cruise, and sweep the despotic fleets of conservatism and wrong from the waters of truth.

The lion that has so long lain tame and spail-like, is arousing from his lethargy; in the spirit of reform he raises aloof his shaggy head, and will shake the world with his roar. True liberty must be recognized, as she is a winged creature of light, not a worm bound in its chrysalis web, a morbid, dead, unseemly thing. In this recognition let us boldly claim our rights to serve with man, not basely to serve him. Feel that it is our greatest glory to go forth as the champion of our race, that no diadem is so richly studded with gems as that worn in defence of truth, and none so grovelling as that which in obtaining we must servilely bow before the conservative, the corrupted shrine of long-established error, whose votaries receive for their reward heartless homage and gilded misery.

Socrates maintained that there was but one good, which was knowledge; and one evil, which was ignorance; yet the mass would shut woman from the good by legal bonds, while they encouraged her to walk in the path of evil, at the same time demanding of her every perfected grace.

There is no way of obtaining human rights save by redressing humanity's wrongs. All the mouldy parchment, from King Henry, the prince of tyrants, down to the present day, would prove fallacious to bind women in bonds, if they would but work in unison. Soon would the political machinery now working so glibly be found creaking and unwhinged, and instead of the eloquence of conservatism, woman soul-touching earnestness would be called as oil to heal the malady.

But so long has she been dandled on the conservative knee of the world, so long rocked in her cradle of soft luxuriance, or dwelt in her abodes of vice, but a small band of earnest, truthful women are found aroused to the great need of action. No one can purchase their submission, or cause them to tolerate wrong, feeling as they do, virtually bound by their inheritance to stand boldly forth, battling against prejudice, breasting its inundating wave, though risking the danger of being carried away by its fury.

Let the crab portion of humanity move in their accustomed way; while those who feel the inspiration of a new life breathed into their souls press forward to fulfil their mission, for, shielded in this firm armor, the calumniators' darts drop harmless by their side, and with ease they can trample them beneath their tread.

Let us not look for reward, but fulfil our duties, and the pleasure derived from the deed itself will be sufficient recompense to cancel all other influence. I believe, with Dr. Pryue, that the flapping of angels' wings are far more musical in the ears of God, as they depart or return from some mission of love, than all the imaginary harps we place in their hands.

Let us go forth, then, as spirits of peace, rebuking the angry wave, proud of our kinship to the beautiful truths that require true heroism to sustain—to live. Not forgetting, after the icy fetters of winter come the sunshine and thaw, making the bud and bloom more beautiful for the contrast.

Whose heart responds to the beautiful sentiment of Fenelon? I prefer my family to myself; my country to my family; the human race to my country.

## WATER AS A THERAPEUTIC AGENT.

BY G. H. TAYLOR, M.D.

HAVING noticed the offices so universally performed by water in nature, and the general relations it bears to the organism in the daily conduct of life as a hygienic agent, we now come to a department of the subject in which dire necessity obliges men, at some time in the course of life, to take a deeper interest, viz., the use of water in arresting the threatenings of disease.

Although water may be made to accomplish the objects sought in the use of medicine, yet a medicine it certainly is *not*; and those practitioners of the healing art who regard it as such, have more to learn of its nature and relations. Yet it is an interesting fact, that though prescribed ignorantly, there is but little hazard of its being used so much amiss as to endanger life, or even not to prove beneficial to the health. This is a strong proof of nature's intentions in regard to this matter, though the demonstration may come long after the successful though ignorant application of principles.

In the public mind there is not a little confusion on this subject. Both those opposed, and those in the advocacy of the therapeutical use of water, do it oftentimes nearly the same injustice. One class, reasoning only from its common, obvious properties, are apt to deny it the possession of any actuating qualities as a curative agent, and deem that pathological exigencies require something more rare and mysterious. Another class, observing the wonderful elasticity of the organism under the proper use of this material, ascribe to it powers and qualities that quite transcend the bounds of sober reality.

The ability of water to fulfil therapeutical indications, or to cure a disease, can be ascertained only by studying it as related to *living structures*, or what is the same thing, the *science of Physiology*. All the phenomena of health and disease proceed from the living system, and they readily change under the influence of external circumstances, according as they are related. Let us see how vital organs are related to water.

Water imparts to tissues moisture and temperature. Though tissues are vastly different as regards structural and functional characters, they are yet remarkably alike in the relation they bear to the conditions that water supplies them with.

I. *Moisture*.—In the living parts water exists in two relations; in both it is equally essential

to their vital constitution. In the first, it is a component of vital substance or form, bearing an *integral* relation. The cell would be no cell but for its fluid part. Nor could muscle have the property of contractility, or fibre elasticity, nor vital change or motion of any kind take place, but for the capacity for the particles to *move* or glide upon each other that the water of their constitution confers.

Water, then, is as essential in the constitution of a vital object, no matter what its use, as the fibrine, gelatine, or whatever other constituent of a solid nature, may enter into its composition.

In the second place, water has a *proximate* relation to tissues. They contain moisture as above stated, but are besides *bathed* in it. Tissues are composed of minute elements, and these are *wet*, having moisture *external* to the basement membrane that bounds the vital element. They hold moisture like a *sponge*. This becomes necessary from the very nature of vital acts. Matter prepared for the construction of vital tissue, must be conveyed to the vital residence by means of moisture. Moisture is a porter without the gates of the most minute vital citadel, and a servant within.

*Endosmose*.—But water thus situated is mechanical in its office. It passes along tissues and *through membranes*, in obedience to ordinary, non-vital force. The peculiar constitution of organized objects offers the most perfect and abundant facilities for the operation of the law of endosmose, which is nothing more or less than a modification of the ordinary law of attraction that is witnessed in the relation of substances everywhere. It is the disposition of mobile particles of matter, or those that *want* cohesion, to move along upon *fixed* particles, whose cohesion form the substantial objects, as tissues, membranes, &c. No matter if the senses, by any aid they can employ, can recognize no interstices or pores, yet we know that such substance is permeable by fluids, for they readily pass into and through them. Thus membranes, so far from opposing a *resistance*, afford a *condition* for the passage of water. And each specific quality of membrane is designed and adapted to the passage also of some specific quality of substance which the water may hold in solution. If a lamp be filled half with water and half with oil, the wick which is introduced will convey upward to be burned or evaporated, whichever of the two fluids it was first wetted with, and none of the one kind will escape until the other is wholly transmitted. A bladder hung in a dry place filled with common spirit, will permit the aqueous portion wholly to evaporate through its walls, while it retains the whole of the alcoholic portion. So, too, if an infusion of a vegetable color in water be tied in a bladder and sunk in a vessel containing alcohol, the water will pass through and mix with the alcohol, while the coloring matter will be retained; and if it contained a mixed solution, one portion may pass through while the other is retained. These are all different variations of the law of affinity, nor is it peculiar to animal membranes. It is only necessary that the solid and the fluid shall be in such relation that one shall *wet* the other, as when liquids are lifted upward in glass tubes of small

calibre. Thus though the membrane may appear structureless, the atoms of liquid are enabled to become insinuated between those of the solid, and being attracted forward on both sides, are drawn through. When fluids bound both sides of the membrane, it is only necessary that one kind shall wet it more readily than the other. Difference of density affords no indication in regard to the result.

Nature often uses this modification of attraction as a source of power and motion on an extensive scale. It is in this way that the rootlets of plants send the sap in spring to great heights. The same principle acts also as a cause of motion of the circulating fluids of the body.

Many familiar illustrations of this principle might be adduced. If a saturated saline solution be set away to crystallize, as the crystals are formed at the top of the fluid and on the sides of the vessel, the fluid will rise, and the evaporation that takes place extends the formation of crystals *above* the surface and higher continually, till the fluid will run over the sides of the vessel. The wick of a burning lamp operates in the same way. A bladder being filled with a saline or sugary solution, and tightly tied, if it be placed in a vessel of water, the fluid from *without* will pass *in*, till the membranes will rupture. If the operation be reversed by placing the pure water in the bladder and the solution in the vessel, the contrary effect ensues, and the bladder will shrivel from the loss of its contents. An arrangement to measure the force exerted in this endosmotic passage of fluids, may be effected in this way: Provide a cupping-glass, into the small end of which fit securely, by means of a cork, a tube of very small calibre. Let the glass be filled with a strong solution of some salt as high as the commencement of the tubes, and let there be a strong membrane tied over the lower extremity, a double thickness is better; it should also be protected by means of the addition of a piece of strong cloth, the whole to be tied over the rim of the edge very securely. If, now, the end thus secured be plunged into a vessel of water, the saline contents will rise in the tube by the addition of the water by endosmosis, until it runs over the upper extremity of the tube, or the apparatus is ruptured by the pressure, or till there ceases to be a difference between the fluids upon either side of the membrane. Alcohol, or a solution of albumen, might be substituted for the saline fluid with the same results.

In these examples, the effect is weakened in proportion as the difference in the quality of the two fluids is lessened. The effect is continued by modifying the experiment so as to permit the fluid passing through the membrane to pass into the air as vapor. Thus, if we reverse the ends of the apparatus in the experiment detailed, and place the small end in water, the larger extremity covered by the membrane will be in the air; if the whole be full of water, evaporation will take place through the membrane, producing a tendency to vacuum beneath, which is filled by an equal quantity passing into the small extremity, which ascends by atmospheric pressure, so long as the fluid be removed by vaporization from the surface of the membrane.

A most essential condition for the continuance

of this action, is that the fluids engaged in it should be constantly renewed so fast as their competency to fulfil this act is impaired. This condition exists most completely in the animal body, in consequence of the continual changes and renewal of the fluids of the body, by means of the circulation and the vital act of nutrition.

Every part of the living body is constantly the scene of the passage of fluids—the juices of the body through its membranes. The nutritive, or organizing force employed in the growth or the regeneration of tissues and secretions, is the ever-existing and efficient cause of these motions. It matters not where the tissue is, or what is its function, the effect always follows. It is thus that water is constantly imbibed at all external surfaces of tissue, whether forming skin or mucous membrane. It passes in through the stomach, skin, &c., by *endosmosis*, and out by the same surfaces and the lungs and kidneys, by *exhalation* or *exosmosis*.

It may be deemed as established, then, that there are *two circulations* in the living body, that *within* the blood-vessels, or *intra-vascular*, and that *without* the vessels, proceeding from cell to cell and from tissue to tissue by virtue of the action above specified, or *extra-vascular*. In general, the object of the former is to furnish a supply for the latter—there being within the membranes themselves an immeasurable force in constant exercise in health, attracting and repelling fluids, being the result of the joint action of the organizing and of the physical powers.

In impaired health, the normal composition of the nutrient and secreting fluids of the body is changed, and the organizing act takes place with an energy proportionally deficient; and the two circulations are impaired in their vigor, from an abatement of the causes influencing them. Often, some particular organ is especially afflicted with want of power; it then becomes the receptacle for blood driven from other parts that lodge in its capillaries and distend them. This is *congestion*. The movement of blood cells in the capillaries of the tissue has nearly ceased, while the fluid parts constituting the serum flows on, or passes through the containing walls into the inter-capillary spaces, to increase the amount of swelling begun by the distended capillaries. Since the circulating movements have become discontinued, the blood plasma thus effused becomes solidified. This is local inflammation. More blood is sent along the arteries leading thither than they commonly receive, conveying more oxygen; more heat is sometimes developed, or perhaps less is conveyed away by vaporization and by the circulation; hence the sensation of *heat*, and the pressure occasions *pain*. The imprisoned blood becomes changed in its quality. The corpuscles accumulate greatly, and become adherent; besides, a gelatinous substance seems to be formed in the shape of white corpuscles, that stick to the walls of the vessels, and still further clog up the channels.

This account of the physiology or pathology of local inflammation was necessary, in order to see more clearly the therapeutic indications. To say nothing at present of the influence of temperature in changing the calibre of the vessels, and modifying the physiological changes, it is

obvious that *moisture*, being insinuated amid the aggregated and adherent corpuscles, would tend most powerfully to cause their detachment, and drive them out into the vessels of a first and second remove in size, and so on to mix in the general circulation. The physical condition existing would now tend most powerfully to favor the imbibition of moisture from without, and this is what is readily accomplished. Hence, various forms of poulticing that supply a grateful and plentiful moisture by imbibition, are the common resort. The particular method of supplying external moisture for these internal uses, is usually determined by the particular occasion; it matters but little so long as the senses proclaim a restoration of harmony, by a cessation of pain. If one style of applying water prove inadequate, the chances of success are increased by another trial. The alleviation of the disease is very certain and prominent. Nor is it necessary to prove the principle stated by testing it on a proper subject. The hands of the washerwoman after some hours' work are pale, shrunken, and comparatively bloodless—evidently the red corpuscles have flowed *away* faster than they have flowed *thitherward*, though the temperature has averaged that of the blood. The feet, too, will present the same appearance after having been long wet. The application of the compress causes the tissues beneath to become pale and flaccid. We speak *now only* of the influence of moisture, well aware that temperature conjoined may induce important modifications in the effect sufficient to reverse it whenever indications require it.

The propriety of maintaining the skin in contact with water from without, is indicated only in special pathological conditions. The skin is evidently intended as a dry surface as its general habit, or more properly as a *drying* surface. It is not adapted to be kept constantly wet, and in a state of health cannot be kept so, beneficially.

The membrane lining the alimentary canal is eminently adapted to the imbibition of water. It is through it that the water required in the system usually passes. And these requirements are physiologically expressed in the sense of *thirst*. But without thirst, large quantities of water may be introduced in this way *almost* with impunity—since any unusual pressure upon the sanguineous vessels is relieved instantly by the action of the kidneys.

In all acute fevers and inflammations there seems to be an increased demand for water for vital uses. It seems to be employed in checking or modifying pathological action—the precise mode how, it is probable, is not well understood. The local congestions in visceral parts may be acted upon in a style similar to the effect spoken of in local congestions of external parts, through the diluent property of water.

II. *Temperature*.—But the therapeutic advantages derived from water, considered purely as a medium of temperature, are equally important. Temperature is an efficient modifier of physiological actions. The convenience with which water may be employed to change the temperature of the surface, cannot be exceeded by any known substance, liquid or solid. It is



perfectly bland, and destitute of any medicinal or other effect arising from its chemical potency. In contact with the body it is a good conductor, imparting or withdrawing heat rapidly in proportion to the extent of variation between its temperature and that of the body.

It is liquid, and can therefore adapt itself with the most complete contact to the whole surface, and insinuate itself into irregularities. As vapor, too, it will carry away gently and rapidly the surplus heat of fever; and as vapor, too, it will condense upon the surface, adding its latent heat to that of the body.

We always speak of degrees of heat and cold with reference to our sensations, though in nature, perhaps, no such thing as absolute heat or cold exists. We are only acquainted with a few degrees of the thermometric scale, such as are adapted to our own sphere. The highest and the lowest degrees possible may never be reached even within the bounds of the solar system. 'An impression of cold, then, is one which takes heat from the body; and one of heat is that which adds heat to the body.'

The impressions of temperature upon the body, like most other impressions, are capable of affecting it in two ways: first, the nerves of feeling are affected, and through them all other parts; second, a direct impression calls out certain functions or phenomena of the vascular and muscular departments of the system. The ultimate of these impressions is the securing of a larger or lesser development of animal heat through the physiological connections described under the head of "*Calorification in the animal body.*"

Suffice it here to say, the amount of arterial contractility, forcing blood through aërating capillaries, and the amount of muscular contractility instigated by nervous impressions, and regulating the motions of the chest, vary constantly with the outward temperature; all are increased by the lower degrees and lessened by the higher degrees, and just in the proportion of increase and diminution are the variations of heat disengaged in the body, so that the standard temperature remains the same. Not that there are no thermometric as well as sensible variations, but these are soon restored and constitute what is known as *reaction*, in case where heat has been abstracted.

Hence we find that the importance that external temperature bears to the body is derived from the fact that the body is a *generator of heat*, and this function bears most important relations to all the others.

It is a *basic* function upon which all others depend for their exercise, and the whole organic apparatus is functionless till heat sets all into activity. The body has, therefore, *necessarily, within itself, provisions* for the establishment and regulation of its required quantity of heat.

The contribution from without in the form of food and air, employed to give rise to heat, is at least five times that required for intellectual and muscular strength or power, and for all other purposes to which the system applies food.

Upon these facts, and particularly that of self-regulation, depends all the therapeutic advantages derived from the use of water.

Water applied to the surface can have no effect except that derived from the imbibition that may take place. The cases are numerous where the advantage from this is all that is required.

But variations of but a few degrees in temperature either way may exercise important influences; often the kind of action that is induced by these moderate degrees are remedial. The requisite for the successful use of water as a medium of temperature comes of *experience*, which settles many principles relating to the adjustment of temperature to different states of the system. Sometimes a slight variation secures desirable objects on the part of the system, sometimes the most profound impressions are requisite; often wide variations induced by successive alternations of heat and cold are best calculated to make the desired impression.

## SOMETHING

ABOUT THE CHILDREN.

BY EDITH DENNA.

How much sunshine the little ones scatter in our paths. If there are ever moments when I feel the hand of sorrow rests lightly upon me, it is when I am listening to their cheerful, earnest words and ringing laughter. How sad that so many die so soon!

The children, the children, how they die! and what wonder? The father's passionate nature overwrought, the mother undeveloped spiritually and physically, and weakened by the cares of a false life, among the greatest of which is our excessive maternity. What person acquainted with the laws of hereditary descent, knows not full well that conditions to give to the world perfect offspring are very rare?

In a majority of cases, I believe, the human germ-life is less cared for than that of the cultivated vegetable or domestic animal; yet the first is immortal, in its growth bending everything in the lower world to its uses. The child comes into independent existence and is immediately fettered as you fetter no other young, and exposed, too. You place tight bands around the tender body (Water Cure folks do not), clothes more than a yard long prevent the exercise of the lower limbs, while the neck and arms are left bare. It must suffer (in cool weather) with the cold, or be kept so close as to make its young life poisoned and drooping from living on foul air. Then how you doctor and feed! It must have something "to make it white," something for the "rash and the colic," "paregoric and cordial to keep it quiet." The mother's milk is not hearty enough for its morbid appetite. So baby, before it can fairly sit alone, must hold in its tiny fists a cake made of fine flour, lard, eggs, sugar, and spices.

When it gets older, how you *dress* it; you almost know it is wrong, but you say "as well out of the world as out of the fashion." So you keep the child in the fashion and hurry it out of the world with all possible speed. The great wonder is that it tarries as long as it does.

When the delicate organs of the little body

can no longer perform their uses, the good angels come for the sweet spirit and take it to a better school—the great school of the upper life. Fathers feel sad and say, "what a mysterious Providence!" mothers weep and mourn, and wish to die, too. With these painful teachings, few grow but little wiser in the laws of hygiene, pathology, and therapeutics. Some do not care to inform themselves, some do not "get time." Still, these same mothers spend days and *weeks* over the curious shirts and long frocks, stitch, stitch, just as if it were a matter of vital importance that they should all be cut full of holes and then sewed over and over; while the fathers often do things much worse. Parents, are we not verily guilty in regard to many of these early deaths?—*Denmark, Iowa.*

## THE SKIN.

BY H. F. CONDUCT, M.D.

We have already spoken of some of the functions of the skin, its power of absorption, of exhalation, its secretion, its sweat glands, its oil glands.

The skin is also a sort of breathing apparatus, and like the lungs, takes in oxygen, or the vital principle of the air. It gives out carbonic acid also. Thus it aids the lungs in changing the blood from black to red, and in making it fit for the purposes of the body.

So important is the skin to some of the lower animals, that they can better part with their lungs than their skin. Indeed, so important a place has the skin among some animals, that they die if the skin be covered with varnish, or any thing that is impervious. Their heart and lungs become filled with blood, and their temperature falls 30° below its common standard. When the skin is stopped up in the manner just named, the kidneys are assailed with one of the most destructive diseases known to man.

What are we to think of those who go from year to year without paying any attention to this function? Such may be said to die a slow death. For what is a slow death, if it be not the state of mind and body produced by obstructions of all the organs by vitiated blood, and those gloomy forebodings and depressions which, like dark clouds, overhang the mind in such cases. I once knew a man who had not washed his feet for seven years for fear of taking cold. This man committed suicide.

All the ailments that "flesh is heir to," may arise from disturbed functions of the skin. The most common are, throat affections, colds, inflammation of the lungs, stomach, bowels, uterus, rheumatism, gout, fevers, and dyspepsia with its countless phases and tortures. The skin, we have said, by virtue of its breathing apparatus, generates and gives out animal heat. It does more. It presides over and regulates the temperature of the body. The fluid that collects on its surface, disappears by evaporation. Thus by preventing accumulation, a medium temperature is preserved. We have all seen drops of fluid appear on the outer surface of earthen vessels, keeping their contents cool. Thus it is with the skin. Were it not for this contrivance, we should suffer

in proportion to our exposure to high degrees of external heat. The temperature of the body and its fluids, is 98°; but by means of evaporation, that of the skin falls short of this. Some notion may be formed of this cooling process, by the estimate, that every minute enough of heat is lost to raise a half pint of water from the freezing to the boiling point. A dry warm air hastens, and a cool moist air retards this process of evaporation. It is by means of this contrivance that man is able to adapt himself to a high degree of temperature amid the polar snows of the north, and among the tropical regions of the south.

It has been found by experiment that the heat of the body is less in infancy than in adult age. Out of a number of adult persons the medium heat was found to be ninety-seven degrees; that of infants, ninety-five. This holds also among the lower animals. When these were separated from their parents, the heat of their bodies underwent a decrease, sinking down to nearly the temperature of the surrounding atmosphere. The same thing happened to the young of birds when separated from their parents. We are to infer, then, that the heat-forming power is at its lowest point at birth, and increases up to adult age. Old age is like infancy in this respect. We breathe with the greatest vigor in winter, and throw off heat with proportionate energy. Thus it happens that animals that have been successively chilled and warmed, though they recover their first temperature, are longer in doing so that is, they resist the cold less and less. On the other hand, a person throws off heat in proportion to his previous exposure. Hence, the best way to resist cold is to have been exposed to a high heat. Thus, the Russians from a warm or hot bath plunge into banks of snow. Persons have been exposed to a heat above 300 degrees; but in such cases the animal heat is increased from six to thirteen degrees, and the adventure is not without danger. The very young bear cold less easily than the adult. This has again and again been proven. The aged should sleep in moderately warm rooms; for when the heat is below forty degrees, if the blood be not coagulated the respiration is impeded, and if the heat be still lessened, death ensues. The sympathy between the skin and inner organs is often striking. When these organs are diseased, the skin of the extremities is morbidly cold, or burning hot, while the other parts are but usually warm. In some fevers the skin over the region of the stomach is hot, while that of the limbs is not changed. This sympathy is shown, too, in the lungs and heart being sensibly impressed by applications to the inside of the arm and shoulder. This is seen, too, in children, in the ease with which they take croup, catarrh, and inflammation of the chest, from the absurd mode of dressing their arms. The same remark is applicable to the lower organs of the abdomen, from the manner of dressing the lower extremities. The sympathy is also intimate between the skin and mucous membranes of the lungs, stomach, and bowels. We often see eruptions of the skin kept up by irritation of the mucous membrane of the stomach and intestines. Signs of bad food often appear upon the skin.

The best *Rouge*, then, in the world, must be derived from a right diet and proper bathing.

In measles and scarlet fever we see how important it is to promote the process by which bad matter is carried out of the blood through the skin, and that the inflammation be combated by which the skin is likely to suffer.

Every physician must have noticed the inflammation of the lungs, stomach, and duodenum, resulting from burns on the skin, showing the intimacy between the surface and these organs.

Every one must have experienced the cooling influence on the inner portions of the body by water applied to the skin in bathing. The breath, which was hot before, is now cooled. The heat of the chest is sensibly lowered. The stomach is soothed and refreshed. The thirst, which was urgent, is now allayed. In the tongue, mouth, and throat, how delightful the change! In internal bleedings, too, we often see the greatest benefit from the application of outward cold. Heaven be blessed for the uses of water!

## ERRORS IN HOME PRACTICE.

BY DR. J. H. HERO.

From six years' experience and practice of Hydropathy, both by managing an institution as well as attending to an extensive out-door practice, we have become convinced long ere this, that the *Hydropathic public*, as a general thing, are too fanatical upon the system they advocate.

When persons engaged in a good cause are so extravagant in their notions as to carry their ideas beyond the bounds of *truth* and *reason*, they always prove as stumbling-blocks to the advancement of that cause.

Thus we have found it in the hydropathic cause, in many neighborhoods where we have had the good fortune to receive professional calls. We frequently find that some two or three families of the neighborhood have been strong advocates of Water-Cure for a number of years, but their influence has been limited on account of their too radical and extravagant ideas. If one of their neighbors are sick, no matter whether the disease is *functional* or *organic*, *curable* or *incurable*, it is all the same to them, and their cry always is, *water* will cure you, only take a thorough treatment, that's all that is wanted. They bathe their children half to death, and send them forth to the fields half clothed on a January day, that they may breathe the pure air and be made vigorous by out-of-door exercise.

The neighbors look on and behold these children actually becoming debilitated by such a course, and so condemn the system; not knowing but that such is the general practice of all Hydropathists. Scores of times have people said to me, who have happened to be in families where I have visited, if such is Water-Cure, then I think more favorably of it. I have always inferred from what I could see and learn of my hydropathic neighbors, that the Water-Cure was a different thing altogether. I never heard before of a *mild, careful* water-treatment in debilitated cases. Why! I should not be afraid to

take such treatment as that myself; but if all feeble invalids must go into a *cold, wet sheet*, or be drenched with *cold water* at the outset, as neighbor A or B has always informed me, I should not risk myself or any of my friends under such management. Such, my friends, is the feeling in community in thousands of instances, and there is most certainly a cause for such impressions.

Something like a year ago we were called into the family of one of these fanatics, to look at two or three of his children who were complaining, and he was at a loss to know why they *should* be, when he had treated them so *thoroughly* with water. And it was true that he had treated them *thoroughly with water*. Two of them, girls from ten to fourteen years of age, with delicate constitutions, he had been giving cold baths two or three times daily, kept them upon a spare diet, and sent them out half clad in cold weather to get up reactions, by throwing iron bars about in the garden, etc., and by such treatment he had actually anticipated making his little scrofulous daughters vigorous and healthy; and had *then* carried the treatment to such an extent as to bring on an alarming state of things. Those little girls were almost as blue as a lean pigeon, continually complaining of chilliness, with extremities almost ice cold. Of course, we gave this wiseacre a lesson, and it proved effectual in more than one respect; for the health of his children has improved an hundred-fold, and the neighbors have learned that *Water-Cure physicians*, who know their business, do not approve of such kind of treatment; and we now have frequent calls into families residing in that neighborhood, whereas one year ago they would have stood almost as much in fear of a Water-Cure doctor as of the Evil One himself. This is only one of many similar cases to which I could refer.

We frequently receive patients into our institution who have been under the severest water-treatment at home previous to coming here, and because they did not improve, ascribed it to not having conveniences sufficient to get treatment enough. As soon as they get to *our Cure*, they expect to be placed under the most powerful douche or something equal to it, when to their surprise their treatment is changed from sitz-baths at from forty to fifty degrees thirty minutes, to those of seventy-five or eighty degrees from five to fifteen minutes, etc., etc. We scarcely ever go into a family who are making a business of using water, and find that family using too little water. We more often find them using *too much* treatment than *not enough*.

*New Malvern Water-Cure*, Westboro, Mass.

A SICKLY TOWN.—Palmyra, a nice little village in Wayne County, N. Y., is very "dicky," but it has good physicians, and any quantity of medicine. It has also three liquor agencies. During three weeks, ending July 25, these agents had made 975 sales of liquor, of which 250 were for "medicinal purposes." The "medicine" varied in parcels from half a pint to five gallons and a half.—*Buffalo Ad.*

[Why not open a Water-Cure Establishment there? We think more water, and less "liquor," would prove good for the bodies and souls of the Palmyrians. Most of the "medicine men," we are sorry to say, "go their death" for the "liquor business."]



## HYDROPHOBIA.

BY DR. C. C. SCHRIEFERDECKER.

DR. TRALL very properly asks in the July number of the WATER-CURE JOURNAL: "Why do physicians so stupidly (rather satanically) overlook these facts (of Hydrophobia having been successfully treated by Hydropathic means)?" Nothing speaks in favor of drug-medication in this most terrible of all diseases. The highest medical authority, Dr. Harless, who spent a lifetime in observations on Hydrophobia, says at last despondingly: "We possess against rabies not one reliable remedy; I do not know a case of real hydrophobia cured by any of the avalanche of prophylactic and curative means, recommended by physicians and laymen, since Dioscorides, Celsus, C. Aurelianus to Rougemont, Zinke, and Valentin."

The second, or hydrophobic stage of this disease, of which Dr. Griscorn makes some very superficial and self-complacent remarks, is a more psychical condition, a perfect terror for everything that glitters and makes a rustling and purring noise, of which the cramp in the throat is only the consequence, for even the rustling of the wind, the sight of glittering metal, is sufficient to call forth periodically crampy contractions in the throat, restlessness, convulsive motions, and finally rabious attacks. Dr. Griscorn's patient did clearly not enter the full height of the second stage; he was finished before.

If we examine the symptoms which characterize the spastic stage of this disease, we find that they are very similar to the febris nervosa erethistica and puerperalis. It is sufficiently known that an active and heroic treatment can do here only injury. Is it, then, not rational to accuse the treatment of the fatal result, particularly when we see death following hydrophobia always, notwithstanding the extensive blood-letting, the large doses of mercury, and the unscrupulous application of other heroic means? Is the malignity of the disease really *alone* the cause of death? Have not the numerous dissections of hydrophobic corpses given us *that* result, that they do not lead to any result?

Are there not conditions, bearing the greatest similarity with hydrophobia (I mean epileptic attacks, which also may repeat more than once a day), which pass readily away without heroic interference? The more active the medical treatment is in neuropathic fevers, the worse fares the patient, the sooner ensues adynamy, be it produced directly by debilitating, or indirectly by irritating, life-consuming means. It is an undeniable fact, that the large, too frequently repeated doses of Belladonna or Stramonium, given soon after the bite, have produced by their narcotic effect symptoms which croneously have been taken for premonitory symptoms of Hydrophobia. (The effects of Belladonna last forty-eight hours, and those of Stramonium even seventy-two hours.) Now, not every human being, bitten by a rabid dog, gets hydrophobia; the great Himmly mentions that out of six individuals bitten by one and the same dog, only one was attacked by the disease.

If, then, the medical science must acknowledge that drugs have done harm and never any good

in hydrophobia; if we have to concede that we do not know the nature of the disease, and if high authorities on the one side and experience on the other side teach that before all things the utmost activity of the emunctories, particularly of the skin, promises the best result: why should, then, practical men not accept and at least try the hint, as well as those terrible poisons that always have proved themselves unavailing; or why, as Trall says, do physicians so stupidly overlook these facts? Miroll recommends enthusiastically the Russian steam-baths; Buisson declares that sweating-baths have been most successful. L. J. Sanson praises injections of cold water into the veins; Magendie adds his authority to this treatment. Chordon and Dupasquier saw the most wonderful effects from the immersions of hydrophobic patients in cold water. Kallispines and followers have been celebrated by their cures with water. Add to these recommendations, founded upon brilliant results, the advice of the greatest physicians of all ages, Celsus, Charis, Galen, Caelius Aurelianus, Boerhaave, Van Swieten, Helmet, Mead, and a host of others, all recommending the application of water and sweating, and I again ask, with Trall: "Why do physicians overlook these facts?" If Drs. Griscorn and Palmer have something to say, hand them over to me!

## HABITS OF DR. CALDWELL.

BY W. A. ALCOCK, M. D.

DR. CHARLES CALDWELL of Louisville, Ky., well known in this country as a medical man and philosopher, died July 9, 1853, in his 82d year. From his autobiography,—with additions by another pen,—a work of 450 pages, I have copied the following statement concerning his personal habits in general:

"The routine of his life was marked by the strictest order and regularity. He actually rose about five o'clock (in a household of persons all of them much younger than himself, he was always the first up in the morning), took for his breakfast a single cup of coffee and a small portion of toast or some other simple bread. He then devoted his time to some form of mental labor, reading or composition, till two o'clock, when he dined, taking for his dessert only his favorite cup of coffee, which, indeed, with its accompanying modicum of toast, made his supper also. Immediately after dinner he usually slept an hour on his sofa or in his study-chair; and so completely did his body obey the mandates of his will, that he fell asleep the moment he lay down, and awoke exactly at the expiration of the hour. He rarely, when well, retired before twelve or one o'clock."

During a period of his active life he was still more of a vegetarian than the above would indicate.

"Before taking his degree, our young student began his career of authorship by translating Blumenbach's Philosophy from the Latin, adding to the work much original matter. His labors during the six months employed upon the translation, were most extraordinary. He studied nearly twenty hours of every twenty-four; how

he was able to endure such a wonderful continuance of exertion, without fatal results, he thus explains:

"My diet, always thoroughly cooked, and taken three times a day, was, in quantity, about one-third less than usual; and, with the exception of a very small quantity of butter and a moderate one of milk, it was derived entirely from the vegetable kingdom. My drink was, exclusively, strong coffee. I was strictly cautious never, by excessive exercise, to endure fatigue. The amount of time I devoted to sleep was from three hours to three and a half; and the period from half-past one to four, A.M."

## MR. BENTON ON WATER.

LAST winter, the New York Mercantile Library Association invited the Hon. THOMAS H. BENTON, Member of Congress from Missouri, to lecture before them, which he accepted. A large amount of money—several hundred dollars—was realized by the Association from the sale of tickets of admission. But the lecturer declined any portion of the proceeds for his services. Thereupon our enterprising citizens got up a silver pitcher for the patriotic lecturer, and sent it to him as a testimonial of their high regard.

In a letter acknowledging the present, Mr. Benton writes:

"Be assured, gentlemen, and please to make it known to the Association, that I feel myself three times compensated, and overpaid every time, for the little that I did—first, in the most numerous and eminently respectable audience which did me the honor to listen to my discourse; secondly, in the rich and massive piece of plate which you have sent me, and in the workmanship of which the taste and skill of the artist have vied with the munificence of the donors; and, thirdly, in the most generous terms in which you have referred to my public labors for our country, as well as to the small service I was able to render your association."

"In making these acknowledgments I take leave to say that there was an appropriateness in the selection of the particular article for the testimonial, beyond what might have been understood when the pitcher was fixed upon, and which is this: When I was young I became what Dr. Franklin was—my only point of resemblance to that illustrious man—when he worked at his early calling in London, an aquatic—the term which his comrades applied to designate him as a water-drinker. *I also drank water, and nothing stronger, in the early part of my life—the first half of it; and to that abstinence from all vinous, spirituous and fermented fluids I attribute the good health and general vigor which I now enjoy.*

"As this allusion touches a point at which a word might be useful to other young men desirous to advance themselves in life, and to have good health in old age, I will go on to say that, at that time, and in the South, it was the custom in every house to offer something to drink to all visitors—even boys; and that excuses were no defence for those who would refuse. Pressure, impotency, custom, broke down all excuses, and it became necessary to oppose will where reason was unavailing; so I made a law for myself that I would drink nothing until I should be in the decline of life, and might need it; and resolutely pleading that law, I afterwards escaped impotency. It was the first stand, 'solitary and alone,' that I ever made; but not the last. I was young enough, and silly enough, at that time, to suppose that this decline would come upon me at thirty; and so fixed that age as the limit for my law. When thirty came—I did not feel the decline, and extended the time, and even—

tually relaxed into temperance; and have remained at that point ever since. Thus, the first half of my life was abstinent—the second half temperate; and to these conditions I attribute whatever of mental and bodily vigor I may now have, and whatever of business application I have ever shown.

"The laudableness of its objects, and your indulgence, will excuse this episode; and the classic water pitcher you have sent me—(modelled in the fashion of that in which a certain ever-blooming nymph was supposed to have handed something both sweeter and stronger than water to certain mythical personages who claimed a superiority over common mortals in everything except their frailties)—will be a continual remembrance of how much I am indebted to the early limitation of my imbibing faculties to the use of that innocent fluid of which—since the disappearance of Hebe, Nectar and Jupiter—it has been the appropriate holder.

"Very respectfully, gentlemen, your obliged fellow citizen. THOMAS H. BENTON."

**CAPITAL!** What clergyman or lecturer ever preached or spoke a truer or more sensible discourse on the point than this? The patriot and patriarch who wrote it, is one of the finest specimens of Health and Physical Manhood this side the Rocky Mountains. He can perform more mental labor, without exhaustion, than almost any man in the Union. He is one of the most remarkable *workers* living. He understands the laws of life and health, and *obeys them*. The lamp of life—in him—is always *full*, nor will he waste, by dissipation, the best gift of God to man. We commend the example of Mr. Benton to the "*fast gentlemen and ladies*" of our *very* fast country.

#### BIOGRAPHICAL SKETCH OF DR. LONGLEY.

BY W. A. ALCOFF, M. D.

DIED in Haverhill, Mass., in March last, Rufus Longley, M.D., aged 66. He had practiced medicine in that place, at the time of his death, forty-three years, and was much esteemed as a physician and as a citizen.

The Boston Medical and Surgical Journal for June 7, gives the following account of this aged veteran in medicine:

"For the varied qualities of his mind, natural and acquired, he possessed a weight of character which gave dignity and importance to all occasions. He was one of Nature's noblemen. Intellectual, suggestive of thought, easy in communication, free of access, open, frank and cordial, he enjoyed a rare degree of popularity with medical men.

"The system of treatment (Allopathic, no doubt) which he practiced for nearly half a century, he often carried to the bedside of the poor and ungrateful, without reward other than the luxury of doing good, which, in a great measure, subdued the pains of his own last trying sickness, and smoothed his passage to the grave.

"The malady which terminated his useful life was dry mortification of the left foot and leg. This fatal disease was preceded by an attack of angina pectoris, of which he had several within the last seven years. The progress of the disease did not seem to be so marked the year or two next preceding the last year of his life, during

which he abstained from animal food, and made frequent use of the hyd. potas., by the advice of the lamented Dr. Piercion, of Salem."

Two things are worthy of note here; first, that two of our eminent physicians were not afraid of vegetarianism, at least as a palliation in case of severe disease. Secondly, that it was really serviceable to Dr. L. in checking the progress of disease. Why does it not often occur to such eminent men that what will palliate severe and even fatal disease, may probably prevent it?

#### MY LIFE, FROM BABYHOOD TO MANHOOD.

BY J. H., OF REEDTOWN, O.

[We submit the following rich bit of "COMMON EXPERIENCE," as it was before the discovery of the "*better way*," which we CALL WATER-CURE].—EHS.

I was born naturally healthy, but the sage old women, fearing those dreadful diseases, the consequences of the wrong apple being eaten, I was dosed with all sort of teas, including a good portion of saffron, to give me (though they failed) a clear complexion. This practice was kept up until I was old enough to wish the Boston Tea Party had never been disbanded. I seldom ever objected to these drugs while swallowing them, for they were well sweetened, but they ultimately had the effect that the Angel's book had which he gave to John the Revelator to eat, then my protestations were long and loud, for I had a good pair of lungs.

I lived in spite of these "remedies," which were considered so necessary to infantile life and health.

At the age of nine days a woman came to see me, who conferred a boon upon me—the itch—bringing with her a baby who gave me the whooping-cough; and at the age of three weeks, I had all the symptoms of both diseases. Great was the excitement throughout the village for my fate. A medical almanac could not contain all the recipes given to my mother for a certain cure. The old women were continually running in and out, annoying me when I most needed rest.

A doctor was called, drugs were mixed, and I was forced to take their stuff. I objected. I could see no sense in it. I fought well, but was overpowered by numbers. One held my nose, while another administered the dose. I had an instinctive love for the atmosphere, so I compromised by swallowing the dose, in order to breathe. In spite of (or in consequence of) this treatment, I grew from bad to worse. I would cough until blood came out of my mouth and nose, then would I, by an effort of nature, free my lungs, and gradually revive. The medicines were partially discontinued, and I barely lived. However, the cough lasted me over thirty years! and since my recollection I have tried everything I could hear of. One would talk to me of consumption and cod liver oil, another of bad blood and Brandreth's pills. Then they told me it had run into the phthisic, and per advice I undertook to smoke it out with tobacco. I got ashamed of the pipe, and tapered off with tincture of lobelia.

This gave me temporary relief, so I recommended it to every person I met with who seemed to be in need of my prescription. Among others I recommended it to a merchant who had a very bad cough. Six months after I saw him free from his complaint.

"Did you take my prescription?" said I, expecting thanks.

"No," said he, "I've quit taking everything, and am getting well."

This was a new idea. I acted upon it, and my disease gradually wore off. Two years after I went through with the typhoid fever, taking only the merchant's remedy. In this I was assisted by my wife, who had become a reader of the WATER-CURE JOURNAL.

Our course was opposed by friends with more than common tenacity. Indeed, such was their opinion of our good sense, that had the Fool Killer come round, they would have considered us in danger. However, I was "faithful to the end," and much to the disappointment of the would-be soothsayers, I became a healthy man. Yes, I have GOOD HEALTH. HEALTH! What a heaven full of meaning is in that one word! I had lived a life of pain—pain in the side, pain in the head, feet, legs, hands, toes, liver, lungs, teeth, all over. I never felt before like thanking God for the blessing of health. Such has been my experience. I may hereafter give you the experience of our family. I am one of eleven children, six of whom died under the care of collegiate physicians. Tradition tells me that I had one uncle who died without the assistance of an M.D. He was drowned.

From Life Illustrated.

#### DEATH OF DR. SHEW.

ANOTHER of the pioneers of the Water-Cure system is numbered with the dead. Joel Shew, M.D., died at Oyster Bay on Saturday evening, the 6th inst. The sad intelligence will be unexpected on the part of the public and the numerous readers of his writings, who heard and knew of him only as an active-worker man and zealous physician. But by his particular friends and more intimate acquaintances the event was not unexpected.

For several years it has been evident to them, as it was felt by Dr. Shew himself, that his lease of life was short at longest—*how* short was not in human wisdom to determine definitely. Yet, like most persons who have the care of invalids, and are at the same time occupied with many and various complicated and arduous duties, he said but little, and manifested to the casual observer but little of his own ailments.

Indeed, how can a person, when utterly overwhelmed with demands upon his attention, superadded to ordinary family cares, with constant calls to visit patients far and near, with an extensive range of professional correspondence, with the continual preparation and revision of writings and books, with frequent changes of location, requiring renewed and severe exertions, with a large class of curable and incurable invalids on his hands, claiming constant sympathy and expecting unceasing attention, and last, but *not* least, with perpetual opposition on the part of the friends of patients, the conservative in society, and the medical profession as a whole—how can such a person think or scarcely care for the year, the month, the day, or the hour when vitality should be gone and death be present?

The writer of this knows something experimentally of the terrible wear and tear of this kind of life; a kind of life which nothing but an all-controlling impulse, be it of benevolence or ambition, or of something else, can ever induce a mortal to lead. It was such a life that abridged very materially the days of Vincent Priessnitz of Sylvester Graham, of Dr. Ruggles, of James Hamilton, and will abide to some, if not to a great extent, the days nature has allotted to others now in the land of the living.



And let me here anticipate the ungenerous and improper notice with the death of Dr. Shew is morally certain to receive at the hands of those who have differed from him in opinion, and ask, if not for his name and fame, for the system he has so zealously practiced and so ably advocated—*truth and justice*. Let it not be charged on Dr. Shew, nor his system, as it has been on other of our departed co-laborers, and I fear will soon be on others now living, that he "died a victim to his own fanaticalism."

More than once has the writer of this notice been led down the dark valley toward the shadow of death, from long-continued daily and nightly toil. "Fall many a time and oft," has he, when the house-hospital was closed, and its inmates wrapt in slumber, retired, not to sleep, but, aided by the quietude of midnight, to work the harp. At the desk has he worried over unsolved problems, and labored with all possible energy, lest the morn should come and find him task unfinished, till the noisy streets indicated a day's work began and a night's work ended, or rather suspended. Then, fever-brained and dremey, would he doze three, four, or five hours (unless aroused by a call, and with eyes blood-red bathe in the cool Croton, and go to the incessant and complicated labors of the day; and thus has passed away months and years; and, having no fixed organic derangement, nor no chronic disease, he has been able to endure thus far, thanks to a good constitution, pure water for medicine, and vegetables for food.

These circumstances are allied to merely to explain more intelligibly the brief history I am penning of our late co-worker, Dr. Shew. He did not have the advantage of a system free from disease. He was a sad and afflicted invalid when his attention was turned to the medical profession, as has been the case with the great majority of medical reformers. Some fifteen years ago he was engaged in the dangerous business. The art was then in its infancy, and the motives for caution in the use of iodine, bromine, mercurials, and other poisonous drugs, were not as well understood then as now.

Dr. Shew got his system badly impregnated with minerals, as did also a brother of his who died several years ago from their effects. Many others lost their lives and health in the same way. But by turning his attention to medical science, Dr. Shew had a motive, strong as the love of life, to be unprejudiced and impartial. He abandoned at once, as unphilosophical, the idea of erasing diseases in the same way that he had been produced, viz., taking poisons into the system.

At this time the wonderful cures wrought by the Silesian peasant at Graefenberg, were told on this side of the water. They attracted his attention; he saw at once the better plan of curing diseases by water and other hygienic appliances, and no sooner had he evinced as an M. D. time he had achieved all the material facts of Hydropathy as a practical system, adopted them as his medical creed, published them in a book, and soon after commenced the practice of the healing art according to the principles of the new system, and continued to practice it to the day, almost to the hour, of his death; for he died in the house and in the presence of his own friends and patients.

Dr. Shew has, all the time of his professional life, been subject to severe attacks of rheumatism and neuralgia, precisely of the character that mineral ingredients are known to induce; and when these attacks were so severe as to absolutely disable him from business, which was indeed seldom, he would, from the necessity of the case, rest awhile and recover, as he had sufficiently to attend to professional duty again, and, from the seeming necessity of his place and position, he would resume his toils as severely, as assiduously, and as prodigally of life as before.

Dr. Shew has been on several occasions accused of neglecting his patients. Now that he is gone, let the world be charitable. Little did those complaining persons know how much more he suffered than they. For days he was sometimes absent; and on other occasions he was in his chamber a great part of the time, for several days, amusing himself (as the neglected patient, thought) with some new and interesting book or trifling medical instrument. Also, I little dreamed that he who when present always seemed so well, the very picture of health, vigor, freshness, and youthfulness, endured more bodily agony, perchance more mental anguish, than all of them together. He had no woes of his own to tell; it was his vocation to listen to the story of others' pains.

A little over a year ago he was reduced so low that he contemplated relinquishing business. His medical friends

expected he would soon die. But a more rigid application of his own system, with the all-important rest of a few weeks, restored him to comfortable health, or, rather, to working ability, for another year.

A mere statement of his published works will be sufficient evidence that his life must have been one of extraordinary industry and activity, and when taken in connection with the fact that he had at all times an extensive practice in city and country, often visiting patients at scores and hundreds of miles distance, we may well wonder that he held out so long. His works were: "Hydropathy, or Water-Cure;" "Water-Cure for Ladies;" "Water-Cure Manual;" "A Treatise on Consumption;" "An Essay on Tobacco;" "Lectures on Cholera;" a work on "Midwifery and Diseases of Women;" a work on "Diseases of Children;" and "Hydropathic Family Physician." To the literary labor of preparing the above works must be added that of writing monthly for the *Water-Cure Journal*, besides contributing largely to other serials and periodicals.

Really it seems that he has done more work in the brief space of a dozen years than men ordinarily do in a lifetime of "three-score years and ten."

A post-mortem examination, made by Dr. G. H. Taylor, of this city, and Dr. Fry, of Oyster Bay, revealed the organic and fatal nature of the malady. The liver was very much enlarged (hypertrophied), weighing two or three pounds above the healthy standard. It was adherent extensively to the diaphragm, while oil adhesions were also found to exist between the lungs and pleura, all evidence of protracted and long-standing chronic inflammation. The gall-bladder was deficient, and the bile-ducts shriveled away. The enlarged liver pressing on the second stomach (duodenum), explained one symptom—stricture of the bowels which the patient had complained of frequently for many years, and which had often confined him to his room.

A short time before death he became dropsical, a common result and final termination of indurated liver.

Dr. Shew was born at Providence, Saratoga County, N. Y., November 13, 1816. R. T. C.

## THE DISCUSSION.

DR. TRAIL TO DR. CURTIS, "et al."

I FIND in the *Physio-Medical Recorder* for September, Dr. Curtis's reply to my article in the *Water-Cure Journal* for August; but as his articles occupied so large a space in the last Journal, I hope he will not feel offended if I defer its publication and my reply thereto one month longer. And in view of the fact, also, that his "allies" seem to be rapidly multiplying, whilst my "sympathizers" remain few and faltering, I hope he and the good-natured reader will indulge me in an occasional "sally" out of the line of regular debate. I assure them once again that I have a meaning and a motive in all that I say in relation to our main question, as well as the various collateral subjects more or less involved in its solution; and I fully believe I shall sooner or later make myself and the subject understood to him and the public. I have also carefully marked all his points, positions, facts, arguments and errors, which I shall place in "proper relations to principles or logic."

"Do remedial agents net on the living system?" As I have already stated our question implies a disease, an action, and an effect, the effect being the change of a morbid state or condition to a healthy one. How is the change brought about? What is the rationale of the remedial action? The gist of our question lies in the nature of the action which is remedial, a point which Dr. Curtis and his auxiliaries have not yet touched.

Dr. Curtis has already committed himself on three different ways in which a dose of lobelia operates, each one inconsistent with the other two, and neither of them pretending to tell as anything at all of the modus operandi, but merely the effects. It is not the effects we are after, but the action.

It is curious to notice with what dexterity Dr. Curtis and each of his assistants dodges this little word "action." In every instance they confound it with effect. An action produces an effect, but an effect is not an action.

When I showed Drs. John and Pretyman that their volent "solution" of our question was a grand blunder in mistaking an effect for an action, a consequence for a cause, a mere negation for a positive thing, they were very careful not to let their readers see my reply, but complained of

being awfully abused; I had indulged in "personal sneers," &c., &c., and they said, "what's the odds?" So long as there is an action, what matters it whether it comes from a drug medicine or a living tissue?

And in this style argue Drs. Potter, Stockwell and Kent: "So long as there is a movement when a medicine is taken into the bowels, does it make any difference whether the drug moves the bowels, or the living tissue?" With as theorists the difference might be little; but with the patient the difference would be everything; for in the one case the bowels would be expelled, and in the other case the medicine would be expelled; and is not this a pretty considerable of a difference?

I must in candor give Dr. Curtis the advantage of the confession, that several persons who claim to be good logicians and critical scholars, and who profess to have read all my articles, give him the credit of proving his position; and me the unenviable reputation of uttering mere wordy nonsense.

Let me quote a case in point. I find in "Murray's Review" for September last, an article from which I extract as follows:

### WORDY CONTENTION.

Under the name of discussion, a wordy contention has been going on, for some months past, between K. T. Trail, of New York, one of the leaders in the Hydropathic school of doctors, and A. Curtis, of Cincinnati, one of the principal leaders in the Botanic school. What I have read of it has been in the *Water-Cure Journal*. So far as I have seen, it is little or nothing else than a strife about words. The question is, do, or do not drugs act on the living system? Dr. Trail says they do not. Dr. Curtis says they do. It appears to me there has been a waste of ink and paper and time—time of writers and time of readers. Moreover, no example has been set, in striving to see who should sustain himself in the use of words, when an abandonment of the particular words chosen, and an effort to make earnest, sincere, perspicuous use of words to communicate thoughts worthy of attention, would have been productive of better results.

What Dr. Trail has made out, after occupying his readers with words, much more than it is to say and state—what all his readers capable of understanding and understanding—what that inactive matter is of itself inactive. What then? Did not the stones and mortar kill the men in Cincinnati? And did not the powder kill the men at Wilmington? And did not the bullet, or musket-cartridge act on the stomach of Alexis St. Martin? And when calomel and other deadly drugs, in themselves inactive, are placed in living stomachs, is there not destructive action? The question as to whether the calomel acts, or the stomach, is not worthy to have occupied the superiority of language in saying the words of sophomores in colleges, or of school-boys in a country academy or a backwoods school-house. They should be better employed. As to whether inorganic matter acts at all, of itself, under any circumstances, a few words might suffice—so it seems to me. When alkalies and oils are brought together, is there not action? So with acids and minerals. Suppose a living human stomach, instead of a glass bottle, to be made the receptacle of a pint, or a quart, more or less, of nitric or sulphuric acid. Would it not be a most frivolous thing to spend now in discussing the question to know whether the stomach acted on the acid, or the acid on the stomach. It is enough that there is action, and that the stomach is destroyed. So to regard to making stomachs receptacles of arsenic, calomel, opium, and other deadly drugs, of more or less power to destroy. If molten lead be poured into a stomach, and the stomach be consumed thereby, I perceive no impropriety of language in saying the lead has acted *per se* percutaneously. And if the carbonate of lead then be introduced into another stomach, and the destruction be shown, and the result be the same, is there any impropriety of language in saying the lead in this case also acted *per se* percutaneously? Well, then, suppose another stomach capable of receiving a dose of calomel, and a questioner ignorant to make the destruction equally sure, pray what or wherein is the impropriety of language in saying that these drugs have acted *destructively*?

Dr. Trail will deny that this is a proper use of language, let him not shed his how to use language more perspicuously—with more propriety for the purpose of being understood—of definitely and directly conveying the thought. It must be admitted, not only by him but by his opponents, that the things I have mentioned are destructive of the human system. And when this is a limited, what more is needed? Does he say his opponents contend that these destructives are sometimes, in small quantities, useful in their action on the system? If so, then the question of their proposition as they should be met. But to make out that the action in the case is always bad, it is not necessary to deny that the drug acts at all. The result is the same, or that it is. And the result is not changed by this use of words or that.

Really, friend Murray, it seems to me you must have read our question with the book wrong side up. What has been breaking skulls, shooting folks to death, blowing people up in powder mills, neutralizing acids and alkalies, decomposing the stomach by means of molten lead, &c., to do with *agones remedial*? Suffer me to remind you that our question implies the action of an agent which occasions a

restoration to health, and not the action of a thing which destroys the structure by mechanical violence.

I admit that ponderable bodies may *kill*, but our question relates to *curing*. I know, probably as well as you, that all bodies act *mechanically* on the structures of the living body, so far as *weight* or *gravitation* may be called action. And I admit that acids and alkalis, and various other inorganic and inert substances, act *chemically* in relation to each other, that is, they combine or separate. But I do not see what all this has to do with our question.

I am willing, indeed, to go beyond the literal statement of the question, and to give such is my opinion; that poisons do not act *chemically* on the *living* system; and I shall by-and-by present some very conclusive testimony from the writings of my opponent-in-chief, Dr. Curtis, that the living tissue, by virtue of its vitality, resists all chemical change or contamination, and that so long as the life or vitality exists, so long this resistance (vital action) continues; and that when the vitality is all expended, and death has resulted, then and not till then will the poison act on the (dead, not living) tissue.

One of my highly-respected female correspondents has taken the same erroneous view of the subject as has the editor of "Murray's Review." She writes:

"Now, I would like to ask what Dr. Trall understands by dead matter? Matter that is dead in the sense of being perfectly passive? Or matter which the stomach resists as anything that is perfectly inert, and, therefore, harmless? And again, is there any such thing as dead matter without properties? We might doubt any simple action, such as attractions or repulsions, but it is believed there is no such matter in existence.

"It is very convenient for Dr. Trall, wishing to sustain his position that the system always acts upon the drugs, the drugs upon the system, *never*—to continually reiterate that dead matter cannot act. This looks incontrovertible, certainly. But will he reiterate and *prove*, that what he calls dead, inorganic matter has no properties by which it can combine with some of the juices or materials of the system, to produce more healthful matter, than that there is no inorganic matter capable of such combination or action. If he proves this, he proves that *water* has no affinity for the system, does not combine with it, or act upon it, to produce the results witnessed, but that it is at all times a poison, and is acted upon by the system, which strives to expel it as such.

"Dr. Trall wishes us to believe that the system wants nothing but such substances as can be assimilated by it and used as food. Well, may there not be some properties belonging to some matter, such as tartar, that to men is preferable to which make them, in one sense, food for the system, under certain conditions—some properties in each of the substances in nature, which the system may require in certain conditions, to enable it to retain something it has lost. It is always certain that nothing is ever needed that is not supplied by wholesome food and water? It is said that in the human system are found all the elements existing in the natural world below it. And if so, it is possible that some one or more of these elements may be required by the system, at certain times, to restore a lost equilibrium. It is possible, we say. We would not for the world be understood as pretending to decide that it is, or is not so. We leave it for the Doctors to decide; also, the question, whether lobelia acts upon the bowels, or the stomach upon lobelia, when they come in contact with each other. We have no doubt that it is highly important that both those questions should be settled—definitely, finally, so as to stay settled. But the Doctors must do it. That is just what they are good for. We, spectators, will stand back and look on, forming an opinion for ourselves meanwhile."

Now, Phoebe, you are excellent at enjoining, and so I may, in the absence of all positive evidence, *suppose* your name to be Phoebe. But if I assert it, I take the affirmative and ought to try to prove it. You assume that *possibly*, under *certain circumstances*, some properties belonging to some medicines, may, under *certain conditions*, be required, &c., &c. How easy to ask questions!

Well, Phoebe, suppose the system does require water or some properties of some medicines, or food. Let it have either or all—bring one or all in contact, and see what results. The food/water is used by the living system, eaten or drank, masticated, absorbed, circulated, formed into tissue, then oxygenated as force-material, and then cast out as effete or waste matter. But what hath done all this? There is an action somewhere. What is it? Where is it? How is it?

Clearly enough, the living system, by its acting instrumentalities, hands, teeth, tongue, salivary glands, stomach, absorbents, blood-vessels, &c., &c., has acted on them in a variety of ways. But where, what, how, is there any shadow of action by the water or food on the system? It is nowhere to be found. It always "comes up missing." The water and food are used; they are converted into structure, then disintegrated, then expelled. They are changed continually, and finally resolved into their ultimate elements.

And the living tissue is not changed. It remains the same. All these phenomena are comprehensible enough, and only on my theory that *all the action* is in the living tissue, and *none* in the used-up materials.

But Phoebe asks, "Why should the stomach resist anything that is perfectly inert, and, therefore, harmless?" This objection is a natural one, but very easily disposed of. If the stomach itself were inert and not vital, it would not resist. Vitality implies growth, development and self-preservation. Suppose the stomach should not resist inert substances, or rather should not act upon them until first acted upon by them? Why then? Why, the stomach would be liable to be filled with the accumulation of them, and its function destroyed by mechanical obstruction. It is to prevent just such catastrophes that all the living tissues and organs are endowed with vital instincts, to perceive the relation to the organism of everything brought in contact with it, that it may appropriate to structure what is useful, and reject or expel what is otherwise. Matter which is not usable is no less a poison because it is inert. It has *physical* but not *vital* properties. It has chemical laws; but these are resisted by vital.

The doctrine of medical books is, that particular medicinal agents *select* or *select* particular organs or structures on which to make their therapeutical or toxicological; in other words, to make an impression; and on this idea, as a fundamental principle, is based the whole system of drug-medication. The doctrine I advocate is exactly the reverse of this. I say the living system, the organism itself, elects or select the particular structure or organ through which it can best expel or get rid of these drugs; and on this principle, as fundamental, I repudiate drug-medication entirely.

Dr. Curtis has objected substantially to my theory: "If drug medicines do not act on the living system, why does a piece of chalk and the same bulk of arsenic produce such different effects?" Here, again, as always, he has confounded effects with action, results with the causes which produce them. The vital instincts resist, repel or expel them, differently because they are different. Different poisons have different chemical affinities with the elements of the structures. Were it not for vitality, they would enter into chemical combination, and the structure would be disorganized. It is to prevent chemical combinations of this kind that vital actions are called in to play, and according to the degrees of these chemical affinities are the obnoxious natures of the poisonous substances, and hence the intensity of vital action will naturally, necessarily, properly, and remedially be proportioned to their chemical incompatibilities.

The vital instincts do not act in the same way in relation to all kinds of food. They perceive the physiological relation of all alimentary substances to the organic economy, and act on them in the manner best calculated to make good use of them. And so, too, do they perceive the pathological relation of all kinds of incompatibilities or poisons, and act upon them in the manner best calculated to get them out of the vital domain. Some are ejected by vomiting, as lobelia, tartar emetic, wild indigo, ipecac, &c., and medical men, mistaking the *defensive* action of the stomach for the *offensive* action of the drug, have told us in all their materia medica, that the article acted on the stomach by virtue of an "elective" or "selective" affinity for that organ. Was ever greater blunder made by wise and learned men?

Other poisons, as mandrake, aloes, Epsom salts, calomel, gamboge, jalap, senna, colicolum, &c., are cast out through the bowels, the vital instincts recognizing this as the most convenient emunctory through which to get rid of them; and medical men in all ages have mistaken this *expulsive* and *defensive* action on the part of the living system as an action of the drug on the bowels. And thus are we told by all the writers on drug-therapeutics, that castor oil acts by virtue of a peculiar affinity which it has for the mucous membrane of the bowels; and senna, which occasions more watery discharges, has also another peculiar kind of "elective affinity" for the mucous membrane of the bowels, and aloes and irritants, whose expulsion is attended with pain and irritation about the lower portion of the bowels, have still another peculiar "elective affinity" for the same mucous membrane of the same bowels, &c., &c. There is no to this absurd and unphilosophical nonsense. It runs all through all the drug materia medica in the world.

I challenge all the drug doctors in creation (Dr. Curtis may have them all as his allies, indeed he has them now) to give the rationale of the modus operandi of a single one of the five hundred drug-medicines extant, on his theory that

remedial agents act on the living system. And I profess myself able, on the opposite theory, that the living system acts on or against remedial agents, to explain rationally, philosophically, and truly, the modus operandi of every one of them. More soon. Yours, very truly,

R. T. TRALL, M. D.

## VOICES FROM HOME.

[The testimony of voluntary witnesses. We submit it with confidence, and solicit an attentive perusal.]

**SEVENTY CONVERTS.**—Farmington, Maine. J. W. sends a renewed list of names for the WATER-CURE JOURNAL, and says: "I have obtained seventy subscribers for the Journal in this County, besides circulating a number of books. I cannot but believe that the seed thus sown will spring up and bear much fruit. The people of this locality are dissatisfied with both drugs and drug doctors, and are inquiring for a 'better way.' Wherever I go, I find that those who have adopted the Water treatment, or are looking into the subject, are among the most intelligent part of the community."

**A FAMILY OUTFIT.**—Carrollton, Mississippi. Dr. J. Mc sends us fifteen dollars for the purpose of furnishing a young married couple with our publications, and adds: "My attention has lately been called to the great value of your works. My prayer is, that the whole world may soon be in possession of your *invaluable* teachings."

**A HAPPY FAMILY.**—We condense the experience of a worthy contributor residing in Kennebec Co., Me.: "My husband was compelled to retire from business a few years ago on account of ill health; he tried Allopathy, Homoeopathy, botanic medicines, patent pills, &c., &c., in vain, and, as a last resort, was led to a certain Quack establishment, where, after staying three months, came home much improved, and a thorough convert to Hydropathy. Our family carry out the hydropathic and vegetarian principle strictly, and we thank God that we ever adopted it. We cured one of our children of dysentery by WATER, while our neighbors killed theirs by drugs. We would not do without the WATER-CURE JOURNAL were its subscription price ten times as much as it now is."

**"A YEAR OLD."**—Newport, Sunk Co., Wis. M. R. writes thus: "Enclosed you will find the names of only twelve subscribers to the Journals, but will send you more soon. This place is but one year old, and increasing very rapidly."

**DR. ALLOPATHY IN COURT.**—Big Rock, Scott Co., Iowa. S. R. communicates the following budget of interesting information:

"In the West, eyes are opening, minds are awakening, health increasing, limbs developing, morals improving, passions slumbering, virtue abounding, vice decreasing, parents rejoicing, children praising, people hearing, doctors troubling—all because the Reforms are progressing. The doctors are trembling, for last summer a man was saved by hydropathy from immediate and inevitable death, after having the ague for two months. But when he was fully recovered, two allopathic doctors attacked him, and made him crazy enough to believe that the water sickened him, although it was not applied until death appeared near. They then undertook to commence a suit against the hydropath for malpractice, but did not succeed."

**WHIPPED INTO THE TRACES.**—Granville, Ohio.

Dr. W. N. H. says: "The good cause is progressing here. Just in proportion as the physicians have need more water, and less physis, have been the recovery of the sick. My case has prevailed here to a considerable extent the last two months, and the people are beginning to observe this fact, hence the doctors will have to change their prescriptions or lose their practice, and the former is the alternative adopted by several of the M. D.'s in this vicinity. The WATER-CURE JOURNAL is one of the efficient means which is producing this salutary result, for which humanity will have occasion to feel grateful through all coming time."

**A "WATER-CURE" KEPT BY AN ALLOPATH.**—New Market, C. W. R. M. says "The WATER-CURE JOURNAL, teems with information on every page, which all should become acquainted with;" and adds, "about four



years ago my knee was very much inflamed by a severe hurt: after having tried the homoeopathic treatment, without experiencing any relief, I visited a Water-Cure Establishment, superintended by a regularly-educated allopathic physician, and now the inflammation is reduced, and there is a decided improvement in my health." He concludes thus: "This physician had been practicing his allopathic profession but a few months when he received an injury in the hip from a fall from his horse. The best medical skill was procured, but to no purpose. As a last resort, a course of water treatment was taken, and he then experienced the wonderful effects of water, which enabled him, in a few months, to resume his profession. With the happy result in his case, and that of numerous others which he witnessed while under treatment, he determined to establish himself in future principally on the reputation of the treatment which had been the means of effecting almost a perfect cure where allopathic skill had been completely baffled."

**ALMOST MIRACULOUS.**—E. M. K. writing from Anville, Pa., relates the following incident:

"Many years ago, a resident of Lebanon county, Pa., was taken very ill with a fever. The regular doctors had done all they could for him, but without avail; he sunk fast, and seemed almost at the point of death. During his illness, his constant cry had been for 'WATER.' It was refused him in the earlier stages, but when all hope was gone, the physician said, 'let him have a little water to drink; he will die any way, it can't hurt him now.' His friends gave him some water, which he drank with avidity, and then declined more; drinking of it again, and again, until he passed, at any rate—and ended by giving him as much as he could swallow. Instead of cold water hastening his end, he soon revived, and to the amazement of all, recovered!"

**A "CURE" IN TEXAS.**—Sisterdale, Comal Co., Texas. R. W. writes: "I am happy to inform you that we have got a Hydropathic Establishment in Texas, since last year, and I can assure you it is a very good one. I have been a scholar of Valerius Priessnitz, and have visited many Water-Cures in Europe, but none of them answered its purpose better than this one does. The owner and physician is Dr. Kapp, Professor. He was an intimate friend of Rausse's, and wrote his biography in the year 1849. He is the author of several important works on physiology, and philosophy also, so that he occupies a high rank among the scientific world of Europe."

**A FAITHFUL DISCIPLE.**—Warren Centre, B. W. B. "I have been greatly benefited by the perusal of your invaluable Journals, and other publications, for which accept my most grateful thanks. You may consider me a *life* subscriber."

**A MORAL REVOLUTION.**—Clayton, Montgomery Co., J. S. writes: "The Journals, since their introduction into these parts, have wrought wonders in the public mind. When I first came to this place, it was not an uncommon occurrence to hear of the free use of the lancet in almost every case of fever and parturition, especially the latter, whereas now it is rarely practiced—the people objecting to that kind of indiscriminate slaughter house treatment."

**A MEDICAL MARTYR.**—Oxford, O. J. S. G. says: "We have six or seven physicians in practice here, and although I called on nearly all, I could not get a subscriber among them. One is satisfied all that is worthy of being known in medicine is embraced in the Old School. Another would like to read the JOURNAL, but does not like to pay any more for 'scoring' him. Now, although I cannot endorse all that is advocated in the JOURNAL, I am *am convinced* that phlogia, homoeopathy, eclecticism, chrono-thermism, or any other *pathy* or *tem* embrace all that is worthy of being known in the healing art. If you do 'score' me rather numerically at times, I am willing to stand it for the sake of getting what I think more than repays me for it, in your monthly messenger of health. I know of no other popular 'Journal of Health' that I can so cordially recommend to my patrons."

[Wonder to what school of medicine our candid correspondent belongs? We shall be happy to hear from him again.]

**AN ORPHAN SAVED.**—G. W. H., Pittsburg, Ind. "Some two years ago while lifting with some young men, I strained, as I thought, something in my breast. In a short time I was taken with violent spasms, my blood rushing to my heart. The disease was pronounced a disease of the

heart; two or three Dr. Colomels were called in, gave me great doses of morphia, and in case of a very severe spasm, administered chloroform. For eighteen months I continued having these spells every few weeks: I was reduced to almost nothing. The last time I was taken, my life was despaired of. My physicians had attended me as long as they thought I had any money, and then told me *I must die*, for as I was a poor orphan boy no more could be done for me. Luckily for me, at this time, your Water-Cure Journal had been doing its work. A subscriber of yours, a good cold water man, happened in while I was struggling in a spasm. He ran quickly for some cold water, and poured it on my breast: wetting some cloths, he placed them on the part affected. I soon revived, and this simple process cured me, for I have never had a spasm since. I am now able to perform the hardest labor every day, as I feel as well as I ever did in my life, and I shall feel indebted to the Journal as long as I live."

**AS M. D. AND FARMER'S WIFE.**—A graduate of the last term of the New York Hydropathic School writes a private letter, from which we are permitted to make the following extract. It is ominous of what women may do, when they get regularly into the medical profession. Read it, and *read*, drug doctors!

"DR. TRALL.—We have some idea of leaving our farm in Spring. My husband thinks I have quite too much business on hand, so he thinks doctoring and dairying does not work well together. He has been quite out of patience with me several times this summer on account of my neglecting his business to attend to patients; says 'I will let them alone until spring, he will try and give me a chance to practice. I am not yet decided where I shall go, but I think I shall like a wider field; I have practiced here, but have had very good success, beside the cases I mentioned to Miss Cogswell. I have had a half dozen out-door patients afflicted with acute diseases which I have been obliged to attend to pretty closely, but they have all recovered under my treatment, and I have not given or allowed a dose of medicine in any case where I could find any one that I could trust with the treatment. I think there has been but one dose given, and this was in a case where I attended upon a lady through labor, who was not acquainted with our system, and was too far off for me to see to, and had no nurse whom I could trust with the treatment. I love to treat acute diseases; think I should like to be in a city or city, where I could have a constant supply without going so far. My out-door patients here are all so far off they cause me a great deal of anxiety. The little girl I wrote to you about, has entirely recovered. Her parents think her more healthy than before her sickness. This was my first case it created a great deal of excitement; my friends have been quite enthusiastic, while my enemies have been full of malice. The doctor who attended the patient, and who hung around two or three days to keep up appearances, and make the neighbors think he was all right, has told me, tells everybody she has seen, that he left, although he very well knows he had nothing to do in making her so; he has even tried to deny his giving her up. I have been very busy, all summer, attending to our dairy; have not had time to accommodate any patients at home, not even the little boy I spoke of, although I have had several other applicants. I have several cases I should like to state to you, but as I have already spent a long year, I must omit it all I see. I want to tell you what good success I have had in neuralgia, dysentery, and everything else I have undertaken—I want to *drag*. You know, Doctor, we hydropaths are almost all great boasters, and cannot very well help it."

[We have other testimony to offer, of the same general tenor, from almost every town in the Union, more of which we shall submit in good time. FRIENDS, everywhere, come forward and affirm what you DO KNOW, in this matter.]

**THE SOIL READY.**—West Liberty, Iowa, U. E. F. Since preparing an extract from our correspondent's letter of the 10th of June, we have received a second communication from him accompanied by a list of subscribers to the PHRENOLOGICAL JOURNAL, in which he says:—"I shall continue to send you names, for there are hundreds of people in this place who would gladly subscribe. Your books are read with avidity."

**CONVERSIONS MULTIPLYING.**—S. A. D. of Reedsburg, Wis., says: "The W. C. J. has done much for the numerous families in this and adjoining towns, into which it has been my privilege to introduce it. I have obtained forty-two subscribers since January. It has awakened in many families an interest hitherto unknown in studying the laws of health and life. Every intelligent mind among my acquaintance who has been awakened to an interest, this matter, has continued to read and practice in their families, until they are able to take care of themselves without the aid of a physician. Many have the *presumption* to believe that a bucket of cold water is worth more in casting out dis-

ease than the united skill of doctors, with their pill-bags and poisons. The work is making gradual but sure progress among enlightened minds. In this case there are few backsliders. I know of none. I rejoice to see every physical as well as moral reform, progress, and men brought back to obedience to the laws of their being; that health, purity and happiness may find an abode in many families where drugs, disease, depraved appetites, misery, and death have hitherto reigned without a rival."

**ENOUGH OF DRUGS.**—De Soto, Alabama. To THE EDITORS:—I purpose giving you a short sketch of my afflictions, experiments, &c. In April, 1853, I was 26 years of age—had never been sick up to that time; in July I was taken down with fever, what the doctors termed typhoid. I was then at my father's in Georgia—he wished to call in a physician, I remonstrated against it, but finally was out of my senses, and the doctor was sent for; he pronounced me dangerously ill with typhoid fever. The first dose of medicine was calomel, followed by castor oil, &c. I was "stuck" enough, "beyond description." I begged for water, oh! for water, but it was refused. True, I was sponged with water and vinegar at times, but *must not bathe, must not drink water*, was the "wise" conclusion of the doctor. After about sixty days—reduced to skin and bones—I partially recovered—but, in the recovery from fever, the seeds of rheumatism were deeply planted by the drug poisons taken; but the doctor did not share his bill. As above stated, I exchanged the fever for the rheumatism. I had lumbago sciatic as the doctors termed it; again they commenced dragging me for rheumatism—castor oil, salts and pepper, opium, quinine, sulphur, gum guaiacum and a score of others—with liniments, pain-killer, E. R. relief, mustard, opodelde, mustard, and finally Spanish flies, but all to no purpose; I suffered on, and a how excruciating no one can tell, for three months in bed, and dared not be moved. My agonies were so great, that I often screamed at the top of my voice; for day & nights I did not sleep. I had been raised up under the influence of the Allopathic practice, and in my afflictions tried them long and well, but to no good, for I grew worse under their treatment. After eight months suffering, I finally concluded to try the WATER-CURE, and even if it killed me, it would be a relief from my sufferings. My parents, wife and friends, all persisted in their entreaties, but I was headless, "I was tired of drugs." Commenced in my own bungling way, for I gathered some information from a Water-Cure physician, who stayed with me two days, also some of the Journals of Fowler and Wells.

I commenced with the tepid bath, pack, hip bath, &c.; in a few days I got out of bed; a few more days could walk a short distance, with the assistance of a cane; continued my new practice for about two months, when I was free from pain. Yet I had but little strength; but by degrees it still comes, and am now as hearty and healthy as I ever was. I am done with drugs, although my house is an apothecary's shop, and I should like to have back my money paid out in this way. Yes, I will have it too. But how? by letting the drug decay, using nothing but water, and saving the doctors' bills I might have had to pay, had it not been for my own individual experiments in Water-Cure. Respectfully yours, JOHN G. BASS.

**A PATTERN TO HER SEX.**—Mrs. E. B. V. T., Conneautville, Pa., who was instrumental in procuring twenty subscribers to the WATER-CURE JOURNAL, communicates the following budget of intelligence:—"We have had six cases of measles, and one severe case of fever in our family, during the past year; but did not use any medicine. Mrs. H. had the western ague seven years, and disease of the throat very bad in the Spring, and had nearly killed herself with calomel and quinine, when she was induced, a couple of months ago, to try the water cure, and was cured. The child is now broke, and she is gaining strength very fast. The cause is progressing here."

[Our fair laborer gives us a "comfortable" assurance of the utility of the Bloomer dress. We commend her self-sacrificing efforts in behalf of the principles which the JOURNAL is disseminating, as worthy of imitation by our female readers. It is evident Mrs. H. has been wandering far from the waters of Jordan for her personal safety. We are glad to hear, however, she has plunged into the healing streams on this side, and that she is in a fair way to the heritage of all the faithful—health and happiness.]

[Besides this mass of unimpeachable evidence, we have still more to submit to an intelligent jury—"of the people"—and we do it with an *absolute certainty* of the correctness of our position. We wait, without soliloquy, the decision of the court, and the public.]

## DR. POTTER TO DR. CURTIS.

In an article of mine, published in the July number of *The Water-Cure Journal*, I incidentally noticed or referred to the question at issue between Drs. Curtis and Hall, without for a moment thinking that there would be any attention paid to my remarks by either of the parties. But in this I have been mistaken. Dr. Curtis in the September number of *THE WATER-CURE JOURNAL*, gives me, I suppose *he thinks*, a regular combing. I have much and as high respect for Dr. A. Curtis as for any man that lives. But I permit no man to *think* or reason for me. I love to listen to the reasoning, to the philosophy of men; but must, in all cases, be permitted to analyze, to receive or cast off *for myself*.

I remember very well, once upon a time, to have heard Dr. Curtis, in a lecture, say, "Gentlemen, never believe a thing merely because I tell you it is so; examine for yourselves. I should feel insulted if any man should say to me he believed a thing to be so or merely from the fact of my having said it to be so."

I have been constantly engaged healing the sick for fourteen years. I have always been willing to swap error for truth. I have never been, and hope I never may be, *led* to any man's theory or to any man's manner as to be prevented from the reception of a new, a better theory.

Dr. Curtis says: "The medicine was possessed of the same properties *all the time*, and therefore *did not refuse to act*." "Your error consists in supposing that I attribute to the medicine the physiological action of the system, which I never do, though their actions, when the former are 'judiciously administered,' are always in perfect harmony." Now, to me, this is *flatly foolish*; *talk of a drug having, in and of itself, the power to act*. If this be so, then, in the name of a "common sense," why will not lobelia produce emesis when dissolution is taking place? Why will the same article (Lob. inflata) produce emesis in a dead man? Why is it necessary, in the continued use of any given article, *simple* though it be, to increase the size of the dose? Why will not *cantarides* affect the cuticle of a dead man? To me, my dear doctor, *this acting principle* is plainly all, entirely within the person, and not in the *medicine*; I have proven this so many times, and in so many ways, that I need not say so. Dr. Curtis says: "I will plain that sometimes I have wondered to myself if it were possible that you were speaking what you believed."

Dr. Curtis says: "Had you have studied *as carefully* that, in most respects, excellent work, 'Traill's Cyclopædia of Water-Cure,' you would have found what would have saved me the trouble of asking me these questions." Here, my dear sir, you are greatly mistaken; and what is farther, if you had *rightly* comprehended the quotation in my article from "Traill's Cyclopædia," you would not have brought it up as you have; you might have quoted as aptly from the "Westminster faith."

Dr. Curtis says: "If you treated the case at first as Dr. Curtis taught you, he would have been cured in *three hours* instead of *three days*; and put beyond the power of a *good dinner* to throw him back into a relapse." This is an assertion that you have no right to make. If you had have seen and diagnosed the case, then you might, with some propriety, have made the assertion.

In answer to this, permit me to say, that I was personally acquainted with a physician, a zealous supporter of your school, who treated a case very similar to that described in my article. The patient became convalescent, was inpatient in eating, and although the same physician was continuing to do *and do all that could be done*, and in your own style, and the patient was a man of at least common constitution, notwithstanding all this he never recovered. You might as well say that it is *impossible* for any person at any time to eat too much. I have frequently treated cases of bilious diarrhoea, which, if not broken then up at once, and in the course of a *few hours*, but in a general practice cases frequently occur where *you must work* for a number of days. Cases that are reported for publication are those reported because of their violence—"two hour" cases are seldom reported. "I should be ashamed," indeed? No, sir, I never was ashamed to ask questions about that of which I was ignorant, and I never expect to be so old as not to ask questions. "High authority" forsooth; there is no such thing, per se, as "high authority." Truth is "high," but because it is uttered by some *particular person*, Dr. Curtis, permit me to say, and with all due respect, that, in my opinion, the *argument* that you have used in the course of this debate, between Dr. Traill and yourself, amounts to just nothing. You have not, thus far, met his position at all, nor do I think you can. If you can, why don't you?

I might, if time permitted, notice several other items in Dr. Curtis' answer to me, but will ask another question and close. Why is it and I wish Dr. Curtis to tell that when the stomach is diseased, dyspeptic, indigestive, *good dinner*, prepared of good and innocent articles, is not assimilated? *The dinner is just as article*, of course, as though it had been made of anything else, but why is it that it fails to produce, as you call it, the effect that would be produced in a healthy stomach? With all respect,  
Loport, Ind. E. POTTER.

LAST MOMENTS OF  
DR. SHEW.

THE manner of dying of this distinguished man deserves recording from its singularity. When informed, on the evening of his death, of the arrival of Dr. TAYLOR, from New York, he requested that an interview might be deferred till morning, to afford him an opportunity for rest and restoration from exhaustion. Shortly after this he fell into a profound and tranquil sleep, that seemed natural, and to promise a transient arrest of the evident sinking of his powers. His breathing seemed regular and deep, though the pulse was wanting at the wrist, and the hands had been cold for some time. After remaining comparatively easy for a short time, surrounded by the members of his family, the lamp of life gently waned away, without so much as a flicker to attract the notice of the closest observer. Thus, without a sigh or groan, was the worn and wearied spirit breathed gently away, to a higher and more congenial sphere.

LETTER TO HARRIET N. AUSTIN.—In the summer of 1851 I laid aside the trailing skirts, and except for a single afternoon, on the occasion of the burial of my father, and at another time as a street dress, during a visit of two or three weeks to my mother, they have never since been resumed. Thus, for a period of nearly four years, wherever I have been, at home or abroad, whether alone or accompanied by my husband, with the exceptions named, the short dress has been invariably worn. And I speak only what I know, when I say that you do not magnify its merits, you do not exaggerate its superiority to the dress of fashionable length.

But a feeling of sadness comes over me when I think how few will give heed to your appeal, and yet how great, how universal is the necessity for this reform. Without this and kindred reforms, the mass of women of the present day must sink into untimely graves to be succeeded by others as much more feeble than they, as they are more feeble than their mothers, if this were possible. But the crisis has come. The alarm is sounded. A few listen, turn and begin to live. The tide of female health, which for the last fifteen years has been ebbing with fearful rapidity from the opposite direction, though the mass is still floating downward, this, then, is the time to practice what we know to be truth. The time for courage, decision, fortitude. Who qualifies now, wrongs not herself only, but the race.

That healthy women (if such there are) who have never tried the short dress, are blind to its merits, and continue to wear the long one, is no marvel; for who ever learned wisdom from the punishment which others had received for their folly. But that your patients, after all their experiences, should resume the cumbersome skirt, can be accounted for by the painful fact that woman, with all her intelligence and moral worth, is still a slave to the tyrant, Fashion. Perhaps I am unable to sympathize fully with those who must either obey her mandate, or subject themselves to ridicule in their own localities. For in our quiet village, composed as it is of intelligent, pure-minded reformers—practical Christians—no odium is attached to the short dress. And in walking the streets of the principal village of this town, I never meet with a word or look of derision. But I think where a woman is known, she will always command the respect of the best part of society, according to her real worth, and not that worth will not be measured by the length of her skirts. There is far less to fear than is generally supposed. But what if it is not so? What if many lions are in the way as exist in the imaginations of woman? What shall be done? Shall she close her eyes to the fact that in wearing the long dress she is violating the laws of God written in living characters on her own constitution? And will she thereby avert the penalty? Surely not. Shall she see her daughters as they emerge from childish hood, draped in the skirts that have so enfeebled her, and through her have made them less healthy than they would otherwise have been? Shall she see her sons married to young ladies thus burdened and debilitated? Shall she refuse to adopt a style of dress which, if universal, would work a mighty revolution in the health of the race, male and female, before the close of this nineteenth century? She may. But will the reward be equal to the sacrifice? To God and her own conscience, each must answer for herself. And whatsoever each shall show, that also will she show.

"There's a good thing coming." And it is coming through human instrumentality. Then let those who have the truth present and *wear it* cheerfully and trustfully; knowing the truth can never die; that it is immortal—immortal as God himself. Very respectfully,  
AUBIE J. SPALDING,  
Hopetown, Maryland, Mass.

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NEW YORK, NOV., 1855.

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## NOVEMBER TOPICS.

BY R. T. TRALL, M. D.

**FEMALE MEDICAL EDUCATION.**—There is an impression abroad, and it is rapidly widening and deepening, that our females must have precisely the same advantages in the acquisition of medical science as the males. And in view of the fact that three-quarters or more of all the doctors' bills of our country come from prescriptions to women and children, there seems to be a natural demand for more female professors of the healing art than of males.

The plain truth of the matter doubtless is, nearly all of the business of doctoring sick folks ought to be practiced by females. There should be three or four female doctors to one male, and his vocation should be mainly in the surgical department. But *what kind* of a medical education ought a female physician to have? All will respond, of course, "the very best!" but what is the best, and where to be found?

In Boston a Female Medical Education Society was incorporated several years ago. Its eighth annual term commences in November next; and although its faculty seem to be of allopathic sentiments, we have noticed that its graduates, some of them at least, are far in advance of allopathic professors generally in their ideas of hygienic medication. Indeed, there seems to be a natural or constitutional antipathy between a female physician and that torturing, murderous way of treating diseases by calomel, blisters, and the lancet. Somehow or other, educate them where you will, just give them diplomas and let them go abroad as legalized or law-commissioned doctors, and that innate, inherent or intuitive common sense which the schools cannot quite educate out of them, is continually forgetting or neglecting the "powerful remedies"—the heroic poisons, and falling back on good nursing.

In Philadelphia, also, there is a female medi-

cal school. Its professors are of various creeds, a fact which, though liable to make contradiction, if not confusion in the matter of "Theory and Practice," does not necessarily detract from the facilities of their acquiring knowledge in the collateral branches of anatomy, surgery, and chemistry.

The Physio-Medical School of Cincinnati, O., and the Metropolitan Medical School of this city, under the auspices of the physio-medical or botanic practitioners, whose head and leading spirit is our friend Dr. A. Curtis, admit female students on the same terms as male.

All these things are encouraging. They are among the signs of progress in the right direction. When females work their way into all the medical schools of our country, there will be a reformation in many respects, and a revolution in some, very speedily.

Our hydropathic school is, however, bound to take the lead in bringing females into the ranks of the medical profession. And our female graduates are destined to be the reformers also. They will become *teachers* as well as doctors. They will do among their sex a work incomparably more important than the mere curing of disease; they will instruct the mothers, the wives, and the daughters of our land how to *preserve health*; and the mothers, through them, will learn how to rear all their children so as to establish them in correct physiological habits; and thus the greater portion of the \$50,000,000 now paid annually to our forty thousand male physicians, with the snug little item of a few millions annually expended at five or six thousand drug-shops, will be saved for other and better uses.

We are especially pleased to notice that the missionary women of our country are giving their attention to the subject of a medical and hygienic education. Hundreds of talented and devoted young missionaries have been sent to distant lands, and in a few years or months have perished. And all who go out in ignorance of hygienic laws and conditions can have no assurance of life for a single week. If the wives of many of these missionaries who have died so soon after reaching their fields of labor, had been well instructed in all the appliances of the healing art; if they had been well educated in the adaptation of hygienic appliances to the varying circumstances of climate and local influences, they could have saved the lives of their husbands, and secured greater success to their evangelizing mission, by teaching the benighted heathen the "way of life" in the temporal as well as the eternal sense.

**WATER IN YELLOW FEVER.**—We clip the following from a Southern paper, the *Columbian* (Ga.) *Inquirer*:—

"Our New Orleans correspondent (published in the tri-weekly of the 28th ult.) mentions the entire change of treatment which some of the New Orleans physicians had adopted in severe cases of the prevailing epidemic. It consists in substituting *hydropathy* in place of drugs and medicines. Alluding to this change, our correspondent mentions the following case:

"An eminent physician of Mobile predicted two years ago that they would have this fever in the Northern cities in a few years, and its

breaking out in Virginia seems to verify his prediction. He directed that it should not be treated with medicines, but advised water alone externally and internally. The Homoeopathic physicians here have taken up this water treatment. The only child, a daughter, of Judge S., recently of Florida, and passing this, his first summer here—the child took the fever, and the Judge having faith in Homoeopathy, sent for a physician of that practice; the symptoms of the child were considered critical. The Doctor, after administering his remedies, directed that when the child's skin became dry from fever, she should be taken out of bed and immersed in a bath of cold water; and this was done six times in one night—the child, of course, delighted with the luxuries of a cold bath when in a feverish state. She is rapidly recovering, and her friends believe that this mode of treatment has saved her life. This mode of treatment so different from what has been considered necessary to the salvation of a patient (muffling up in blankets, and that the least agitation to the patient would be fatal to its existence), required the exercise of a great amount of faith in this mode of practice to suffer it to be tried upon an only child. The physicians of the Charity Hospital seem to be succeeding well, from the fact that they have discharged the past week 132 cured. They believe quinine to be indispensable, though it is administered in a different mode from former years, when it was given when the first attack of fever had subsided; now it is given in the height of the fever to combat with the fever and prevent the quinine flying to the head.

**REMEDIAL ACTION AND INFLAMMATION.**—Prof. Comings, in a late number of his *Journal of Medical Reform*, puts us in a "fix" in the following style:—

"*Dr. Trall on Inflammation.*—What can Dr. Trall mean by saying that 'If Dr. Cook undertakes to demonstrate his position, he will in the end arrive at the conclusion that inflammation is not healthy action, but *remedial* action? An effort on the part of the organism to restore the normal condition?' What greater evidence can we want that inflammation is healthy, than that it is *remedial*? How can an effort of the system to restore the normal condition be otherwise than healthy? What is the mist and fog that surrounds our friend Trall? We think a few cold douches or packs would be beneficial in clearing out the cobwebs that surround his intellect."

We have been through the douches and packs, got rid of the mist and fog that *once* surrounded us (and which yet enshrouds our neighbor), and so are prepared to answer the question exactly.

Healthy action is the action of a normal or healthy condition. Remedial action is the action which tends to restore the healthy condition. Inflammation is remedial action, because the effort or intention is to remove causes of disease. It is not healthy action, because it is the action of a disordered or deranged state of the system—in other words, it is disease; and to say that disease is health, is merely uttering a flat contradiction. If inflammation is healthy action, then it is *healthy to be sick*—a proposition our neighbor himself can hardly advocate. Wouldn't a little No. 6 or "third preparation" be a good antipogmatic in your case, friend?

A GOOD EXAMPLE.—An Authors' and Publishers' Festival was held at the Crystal Palace a few weeks since. The viands consisted entirely of choice fruits and Croton water, of which six hundred guests partook; and the "feast of reason and flow of soul" was found in excellent

speeches, sparkling sentiments, and witty poems. No wine-bibbing, no alcoholic tipping disgraced the occasion, and no filthy segars poisoned the atmosphere around. It was fairly the beginning of a new and better era in the matter of public festivals. We commend the good example especially and emphatically to our allopathic brethren when next they meet in grand national convention. Instead of the forty kinds of alcoholic liquor which constituted a part of their "bill of fare" at a dinner in St. Louis two years ago, let them select, on the next festive occasion, forty kinds of the choicest fruits. In this case we should not be ashamed to eat with them.

A GERMAN THEORY OF CHOLERA.—Dr. Max Pettenkober, of Munich, after a long course of investigation with regard to the propagation of cholera, has arrived at the following conclusions:

"1. That it is not contagious, in the usual sense of the word; but that it can, nevertheless, be carried from one place to another.

"2. That it always follows the usual routes of commerce.

"3. That no elevation above the level of the ocean furnishes a guarantee against the disease, nor is any depth necessarily exposed to its ravages.

"4. That no contagious cholera matter is floating in the atmosphere, and that consequently the disease is not propagated by currents of air.

"5. That it is not propagated through the water.

"6. That it is propagated through the earth.

"7. That the earth receives and develops the cholera contagion from the excrements of diseased persons.

"8. That excrements from a diseased person thrown into a sink or privy are capable of transforming the whole mass into a hearth of cholera contagion.

"9. That the gases disengaged by the decomposition of organic substances, and especially of excrements, penetrate the earth, rise to the surface, and become then the cause of fevers and of cholera.

"10. That there has not been a single case of cholera observed in Bavaria that could not be traced to that species of infection.

"11. That the stools of persons afflicted with cholera, or that peculiar species of diarrhoea which usually precedes cholera, are more infectious than those who are actually seized with the disease.

"12. That cholera is always carried to a place where it has not yet appeared by a diseased person, and communicated through excrements brought in contact with the earth; and that there is no other way of propagating the disease. Immediate contact with the patient, inhaling the air of the sick-room, washing of the dead body—nay, even dissecting it after death, does not communicate the disease.

"13. Not every species of earth acts on the process of decomposition in like manner, and the capacity for spreading the contagion in the manner above stated varies in consequence with the composition of the soils on which dwellings are built. On rocky foundation, granite, or sandstone, cholera never becomes epidemic. An alluvial soil, underlain with lime or clay, or any other cause which keeps the ground moist, may become a teeming womb for the cholera contagion.

"14. The cholera poison may be in a person from one to twenty-eight days without manifesting itself. This fact furnishes a measure for the distance to which it may be carried from one place to another.

"15. The disease, which is not communicated by contact, is carried to the inmates of houses

sleeping in rooms exposed to the cholera poison as above engendered.

"16. If the cholera, as proved in London, is more intense and fatal in the plain than on elevations, it will, on investigation, be found that it is owing to the better drainage by which filth is removed before it is decomposed, or before it enters, as in damp and wet soils, into process of fermentation. Dr. Pettenkober found some of the worst cases of cholera on hills where the privies of houses still higher situated emptied into sinks or sewers of improper fall. The upper portions were generally exempt.

"17. To prevent contagion the stools of cholera patients must be disinfected before they are emptied. The best disinfecting agent is vitriol of iron. Chloride of lime only purifies the air, but does not destroy the cholera poison.

"18. When strangers from cholera districts are expected to arrive, the privies of hotels and boarding-houses where they are expected to put up, ought to be disinfected with vitriol of iron—say once a week. In the rooms and corridors of hospitals, turpentine may be spread on paper and exposed to the atmosphere. The ozon (electricified oxygen) thus given out is the best purifier of the atmosphere.

"19. Care must be had not to allow any linen to be washed which is soiled with the excrements of a cholera patient. The process of maceration, to which soiled clothes are usually subjected, is capable of developing and communicating the disease in its worst form. Jameson found the same truth in 1817, '18, and '19, in India, without tracing it to its source.

"20. There are no other sanitary regulations capable of preventing or arresting cholera in its progress, than those which have reference to cleaning and purifying those places which serve to collect or convey human excrements."

SCHOOLS FOR AMERICANS IN SWITZERLAND.—

Under this head, Henry James, Esq., of this city, writes to the *Tribune* an account of the educational establishment in which he has placed his own children. It is replete with profitable hints for parents and teachers:

"The price of tuition per annum at each falls little short of \$350, including washing and all necessities. Every branch of study is vigorously prosecuted in these establishments under accomplished masters, while the physical education of the pupils is made a matter of unceasing and systematic obligation. For example, at Mr. Koediger's school, where I have placed my boys, the pupils have a playground as large, very nearly, as Washington Square, with all sorts of gymnastic apparatus, ninepin alley, etc.; and here they play to their heart's content, not apart from, but in company with their teachers, who lay aside the pedagogy and convert themselves into boys, for the time, with a good will, which would be surprising to one who did not know how much of that old and classic boyhood survives in these ripe European constitutions.

"This imperishable juvenility, by the way, renders many of these people truly lovable. One can easily see how fresh, and juicy, and sweet it keeps them even through the winter of old age, and how often it may involve a sincere sentimental anguish to part with them. Madame —, our landlady, for instance, is a grandmother, and has seen, I am informed, great sorrows and reverses. A modest or less demonstrative person need not exist, and yet life seems still so young and vernal with her that she no sooner comes in contact with the children than you find her arms instinctively encircling them and theirs encircling her, and all manner of graceful frolic immediately blossoming forth as flowers blossom after rain.

"But let us return to our lambs. The sport of the pupils is not only amply fostered and directed, their health is also carefully promoted by the general discipline of the school. They go down every fair day to the Rhone to bathe,

of course under watchful care; they go twice a week to a swimming-school upon the lake to practice swimming; they ramble all about the delicious neighborhood in short excursions with their teachers; they make long pedestrian tours in the summer vacation across the Alps; they sometimes visit Italy, sometimes some German city; they invade the fastnesses of the Jura; they ride on mules and donkeys; they pluck the wild strawberries; they drink at the wayside fountains; they eat the bread and honey of the mountaineers as they pause to avoid the noonday sun; they inhale all day the untainted air of those grand solitudes, and they sleep at night in barn or chalet a sleep so sweet, I am told, that every angel who waits on health and innocence unquestionably conspires to minister it. At home they are subject to the best influences. The teachers and pupils all make one family. They have games, and stories, and plays to amuse themselves with after nightfall, and on Sunday evenings they have charming concerts, in which all voices are taught to join, and left up to God the increase of grateful hearts for all the goodness he showers upon them. Music, I think, is one of the necessities in Mr. R.'s school. However, all the schools provide the best instruction in this respect.

"Another point of interest is the extreme good manners nourished by these institutions. All the pupils are made gentlemen in deportment. Instead of the tyranny and oppression which is complained of in the English school, and to some degree in our own, the most rigid and exact courtesy from each to all, and all to each, is here insisted on. A son of Judge Vanderpool, of New York, who is at Dr. Haecias's school, told me that on his joining the school he was startled to find himself the object of so many deferential attentions on the part of the older pupils. He could hardly believe such amenity compatible with the boyish bosom, and half expected to see the beautiful illusion suddenly dissipated by a punch in the shoulder or the corner of the eye from his hat over his eyes, all in the way of prospective good-fellowship.

"Certainly it is very lovely to see youth preserving its ingenuousness—to see boyhood wholly unused to the coarse and brutal commerce of the great world; and from all I can learn I really think these schools do everything possible to secure that advantage. The whole tone of society around them, too, strikes me as highly auspicious in this regard. I have seen no rowdiness since I left England. It may doubtless exist, but it does not come to the light on occasions when it would infallibly do so with us. For example, last Sunday afternoon I witnessed a regatta on the lake. A great crowd of persons of the lower ranks were assembled to look on, and every sort of boat, from the costly yacht to a common wash-tub, participated in the sport. There was no end to the fun, and the headiest enjoyment of it was manifested by the lookers-on. But I perceived no symptoms of ribaldry or rudeness on any hand, nor heard any angry tones, nor saw the least tendency towards that low and disgusting practical joking, which disfigures and embitters similar scenes with us.

"But then, *per contra*, let us never cease to remember that rowdiness with us is a sign of something which scarcely yet exists in these countries, namely, the social recognition of the masses. It is the method which the unlicked cub of democracy takes to proclaim its sense of deliverance from the enveloping womb of the past. When this same unlicked cub shall have got himself properly recognized on all hands, or admitted to the extremest social privileges, history will have exhibited no such staunch and loyal conservator of order as he."

BELMONT MEDICAL SOCIETY OF OHIO.—A small book, cheaply put together, bearing the ponderous title, "The Transactions of the Belmont Medical Society for 1854-5," has strayed to our table. If the practice of the Belmont doctors at the



bed-side of the patient is not more practical than their verbose lucubrations as manifested in society proceedings, we pity all concerned.

The first article labors through fifteen pages to make out that the people and the regular orthodox drug doctors ought mutually to assist and stand, by each other, live or die. Then follows an address of half a dozen pages on "Our Profession," which is another attempt to prove the same point. *Thirdly*, comes a "Glance at the Digestive Organs," the matter of which would hardly do credit to a schoolboy who had read one of the juvenile works on Physiology for schools. *Fourthly*, we have an "Essay on Vital Harmony," and a more inharmonious jumble of ideas was never paraded in form of reading article. *Fifthly*, is made up of "Observations on Phthisis Pulmonalis," in which the author asserts, very truly, and quite too comically for so serious a matter, that the *regular* practice is all useless, and the irregular all empirical. *Sixthly*, is devoted to "Observations on the Urine of Ammonia as a Remedy." Ye gods! has it come to this? Are our own excrements to be turned in upon our stomachs as medical agents?

Then follow two or three cases of disease most horribly treated with calomel, tartar emetic, opium and *urine* poultices; and we come to the great blunderbuss of the book, a "Report on Quackery."

From this we clip a couple of extracts, one of which gives our homœopathic brethren a "sack-dologer," and the other hits us hydropathists a terrible though not a fatal blow, and then we drop the book, as skillfully as the boy let go the red-hot poker:

"Some years ago, I put the question to a noted Roman Catholic. Does your church believe in hell-fire? He replied, the better class of Catholics do not believe in a hell, but without it what could we do with our rabble? It is the only means of restraining them. Now Hahnemann, in casting his eyes over the patent-devouring multitude might have thought it prudent to institute an innocuous humbug, to seduce men from living upon physics as a daily bread. And if with this intent, although he cannot escape the censure of quackery, he at least deserves praise from the philanthropist in establishing a system founded upon the healing powers of Nature. Many men and nearly all the women are so constituted, that they must swallow humbugs to keep Death from swallowing them. To such Hahnemann has been very kind in introducing a system in itself so harmless. But until mankind can act according to principles of a pure reason, the regularly educated physician should have prudence and toleration enough not to throw opprobrium at a sect, undoubtedly the minimum of medical evils. Bear it in mind that Lord Bacon believed in charms and amulets, Sir Matthew Hale in witches, John Wesley in ghosts, and Boyle seriously recommends the thigh bone of an executed criminal as a powerful remedy in dysentery."

*Hydrophathy* is another of the *pathies* of the day, aberrant and unconnected with logical conclusions. In its proper place, water is worthy of adoration. But with its many virtues it drowns men and dogs and kittens. It swells a man up like a bladder, making him look more like a demon than a God. It produces inflammations and hemorrhages, tormina and tenesmus. If it sometimes descends in gentle rains from heaven, vivifying and fructifying the earth, it also comes when Neptune shakes his trident with an outrageous force, destroying cities, ships, cattle, lands. The good and evil of water are pretty

equally balanced—it cured the Roman Emperor Augustus of a dangerous malady, although shortly afterwards it killed his nephew and son-in-law Marcellus."

## To Correspondents.

Be brief, clear, and definite, and speak always directly to the point. Waste no words.

**INDIGNANT INDIVIDUAL.**—J. N. C., Greenfield, Mass. For the last three years I have adopted the Hydropathic system of practice in my own family, and must say that I have been somewhat undecided which mode to adopt, the Allopathic or Hydropathic system. I think the two combined work admirably; and were there no more quackery practiced in your system than in the Allopathic, people in these parts would have more faith in it. But the people here have been so duped and imposed upon by a pair of Thompsonian quacks of our village, that it is hard for them to gulp down more quackery just now. I have for a year past been a subscriber and careful reader of your cold water Journal, hoping by so doing to strengthen my faith in your system. But your brazen mode of expressing yourself, and regular quackery way of doing business, convinces me that there is but one safe way in sickness; and that is, to throw aside your cold water and Thompsonian quacks, and employ a regular and well-read physician, one who understands the human system, and is willing to do justice to every one. With the close of the year my connection with Hydropathy as treated by *New York bleeding quacks*, and published in Fowler and Wells' Water-Cure Journal, ceases.

J. N. C. who is careful to conceal his name, is evidently suffering for want of an opportunity to give Water-Cure in general, and us in particular, a "blowing up." We guess he is an Allopathic physician, and feels about something. However, as we have mercifully let him have our weapon in strike us with, we hope he will be better soon. We recommend in his case, *renovation*, half a gallon; *aqua pura*, one gallon: which may be literally rendered—take out the impure blood one part; put in pure water two parts. Repeat, if necessary.

**SIX YEARS IN BED.**—J. M. M. G., Tuxterlown, Pa. I called to see a lady the other day who, by a paralytic stroke in 1849, has been confined to bed ever since. A number of allopathic practitioners have been consulted, but they all gave her up, and pronounced her incurable. Her friends knew nothing of the Water-Cure system, so I introduced the subject to them as well as I could, and told them of the wonderful cures it had performed. Finding them much interested, I proposed to write and inquire whether, in your opinion, she is curable. They wished I would. Her left side, from limb to limb, was wholly paralyzed at first, but since 1853 she has been able to raise her leg, and arm, though powerless, is not altogether lifeless. She suffers much from inward pains, mostly on the left side, and likewise in her lower limb; complains also of pains about the eyes, frontal region of the head and neck. Has been awfully drooped. Her bowels evacuate two and three times during a week, but never without taking a cathartic. One allopath who gave her up and pronounced her incurable, says medicine cannot act on her system, because one side of her internal organs are paralyzed—poor excuse, I would think. She is now sixty-six years of age, and formerly had a good constitution. Her friends have just subscribed for the Water-Cure Journal, and should be happy to learn through its columns, if you think her curable. If a cure were effected in *this* case, it would make Hydropathy popular in this section of country.

Probably the Water-treatment, in connection with the electro-chemical baths to get the "awful drugs" out, would relieve her. Will Dr. A. Curtis, of Cincinnati, please explain why it is that medicine won't act when the system is paralyzed?

**TONGUE SCRAPERS.**—E. D. suggests the propriety of having the tongue scraped every day, as well as the teeth. He tells us, the tongue is so coated that it affects the breath, and thinks it ought to be scraped off. If people will eat proper food, their tongues and teeth will keep clean. There is no more occasion for human beings to have dirty tongues and teeth, than there is for other animals. We have a few "hard crackers," rather rough as well as hard, that will scrape clean the rustiest, rustiest tongue that ever ran between human jaws. These "scrapers" cost ten cents a pound.

**CATARHIS, &c.**—Mrs. H. M. J. asks advice, and requests us to give it by letter instead of through the Journal. She states that the object of a watering house, through the Journal, is that all her ailments will be cured. They may have the benefit of the correspondence. Private letters are chargeable with a fee.

**PATHIES AND DYSPEPSIA.**—R. J. W., Oyster Bay. What is Orthopathy? Is there any periodical or book on the subject? What are Motaphathy, Kinesiphathy, and Chrono-Thermalism? Also, I am troubled with dyspepsia and a disordered liver. When I eat apples, especially if they are sweet, my urine, which was high-colored, becomes pale and natural. Is it good for me to use them as a diet?

Orthopathy means warm food, as applied to natural cure. Dr. Jennings' work, to be had at Fowler and Wells, will tell you all about it. Motaphathy means motion-disease, but is applied to motion cure, or cure by exercise. Kinesiphathy means exactly the same. *Chrono* is time, and *therma*, temperature; and in their combination you have another big phrase, which, as applied to the healing, means just as good as nothing at all. Apples will be good food for your bad liver.

**ENLARGED LIVER.**—P. S. S., ALDEN. We have your letter of 30th ult. We still adhere to the opinion formerly expressed as to the nature of the disease and its proper treatment, though we cannot ensure a cure from any treatment. You seem to think it must be all the same to us whether we write answers to your questions for the Water-Cure Journal, or through a private letter. You are greatly mistaken. What we write for the Journal is for the benefit of all its readers, and through its subscribers we get paid for it. A private letter is for individual benefit; hence, the party to be benefited, as in the other case, ought to pay for it. Is not this right? or would you ask us to work for you for nothing?

**HONEY.**—O. S., Greenfield, Mass. Will you please to give in the next, or some early number of the Water-Cure Journal, your views in relation to "Honey," its nature, and what effect would its use, as an article of diet, on the system, be? Also, could it be considered a vegetable? Of course, I refer to honey made by bees, and not to a manufactured article.

Our opinion is, that honey is an excellent article of diet for bees, but not good for humans. As to its medicinal qualities or properties, we believe it does not possess any in the curative sense.

**OTORRHOEA.**—S. L. B., Footville, O. I am very much troubled with swellings, which gather in my head, break, and discharge at my ears. I have had eighteen in a little over two years. They are extremely painful and sore, and cause my face and neck to swell. The discharge is a thick bloody matter, with a very offensive smell. What is the cause? Can my head be cured, and how?

The cause is inflammation of the internal ear. To cure it, adopt a strictly vegetable and abstemious diet. Take one general bath daily, and derivative baths, such as sitz and foot, frequently.

**HOW MANY MEALS?**—R. M. C. Is it better to make three meals what we need per day of food; say, 6 A.M., 12 M. and 6 P.M., or the same quantity in two meals, at 6 A.M. and 3 P.M. I have eaten but two meals per day for three years, and quite often but one, on account of enlargement of the heart, accompanied with dyspepsia. I am now quite well, and would like to know if I could take the same in three meals with the rest of the family, which would be more convenient, without causing any difficulty. I am a strict vegetarian. O. I feel in God to rejoice that I have overcome the disease which was preying upon my system.

It is of little consequence whether you eat two or three meals, provided you are correct in the whole quantity of the food taken, and are correct in your other habits.

**IS MAN A DRINKING ANIMAL?**—C. E. D., Fairvult, M. T. Dr. Lamb argues, and you say with much show of reason, that, naturally, man is not a drinking animal. Could not a correct conclusion be come at by considering or ascertaining whether or not the solids and fluids of a correct physiological diet—say a farinaceous and fruit one—was in proportion to the solids and fluids of the system, the excretion included?

Your suggestion is an interesting and, probably, very important one. It propounds a principle deserving thorough investigation. It is clear that there would be a close approximation in the relative constituents of the solids and fluids of the body, and those of the very best proportions of a truly rigorous diet.

**URINARY SPERMATORRHOEA.**—Enquirer. There is such a disease. It is curable by a strict vegetarian and well-regulated diet, and moderate bathing. Sometimes it requires a year or two to effect a cure. Sitz baths may be used as cold as can be borne, to increase the disagreeable chilliness. It is best to eat very light suppers if the appetite is not voracious; if it is, eat none at all.

**EXERCISING IN BED.**—E. D., of Holmes' Hole, sends us the following plan, for feeble invalids who are unable to walk much, to exercise themselves in bed. We have known similar methods practiced with great advantage: "Have one end of a clothes line made fast to the foot of the bedstead, and a suitable length with a toggle made fast to the other end; then place the feet against the foot of the bedstead, and haul on the line sufficiently to extend all the muscles, especially of the back."

**HYDROPATHIC SCHOOL.**—S. W. H., Machias, N. Y. How long does it usually take an ordinary scholar to get a thorough knowledge of what is taught at the Hydropathic College?

The very best of "ordinary scholars" will do very well in one year, or two terms. Such persons may become qualified to teach and practice in six months. Rather dull minds have to be drilled one to two years; but we do not have many such—they go to the other schools.

**PAIN IN THE SIDE.**—J. B., Mt. Morris, Ill. I feel a pain in my right side, more or less, in the morning when rising, and it will continue till towards noon and then subside, after going through a regular course of exercise. I would like to know if it is advisable to try the Water-Cure, and in what way? Is the shower bath preferable?

Find out the cause and remove it. It may come from an over-loaded stomach at night, or a crooked bodily position in bed, or habit of leaning or crooking the chest and abdomen during labor or play, or from some one of twenty other causes.

**PULMONARY DISEASE.**—C. P. S., Gwinburg. The patient takes cold easily, has been declining for three years, has a cough with expectoration, wheezing, difficult breathing, choking sensations, &c. There is also much weakness in the back. From a child she has been addicted to strong green tea, &c. There is danger of tubercles or ulceration of the lungs, which point ought to be settled before a prescription can properly be made. We would advise her to get to a Water-Cure for a short time.

**MEASURES.**—S. H., Hopkinsville, Ky. In this case of profuse niterine bronchitis, continuing for several months, the patient should keep very quiet, much of the time in the horizontal position, and use daily cold, but not very cold, hip baths, with injections. It is possible there is a polypos tumor present, which fact ought to be determined by a competent surgeon.

**GOITRE.**—A. D. W., Pine Run, Mich. Did you ever know a bad case of Goitre, or Derbyshire Neck, cured by the Water-Cure treatment? Any information on this subject will be thankfully received.

Several cases have been cured by the Water treatment. Donches, according to the strength of the patient, and a rigidly simple and abstemious diet, constitute the remedial plan.

**BRONCHIAL IRRITATION.**—L. S. P., Johnson, Vt. What treatment would you advise for a chronic bronchial affection and irritation of the throat and windpipe, of long standing?

Those symptoms are the result of dyspepsia or diseased liver. Treat the primary disease as recommended in our books, and the throat affection will disappear, if curable at all.

**DISEASED PROSTATE GLAND.**—A. W. W., Sparta, Wis. The Encyclopedia will give you the proper information in relation to your case. You must be very careful to abstain from drinking hard water, or using salt or alkalies in your food.

**BROWN BISCUIT.**—J. P. G., Springfield, Ill. The best in the world are made by melting wheat meal with milk-warm water into a dough, rolling it into thin cakes, and baking in any convenient way.

**ERYSIPILAS.**—J. P. G. The case you mention requires a daily bath, and a strict vegetable regimen. The plan you mention is all right.

**URETHRAL IRRITATION.**—J. B., Pink Hill, N. C. You will find suitable hints for the explanation and treatment of your friend's case in the Encyclopedia. The disease may be a consequence of leucorrhoea in the female.

**CONSTIPATED BOWELS.**—S. B. P., Ashburnham, Mass. Constipated bowels in nursing infants require very little attention, except a very careful and *coarse* diet on the part of the mother. Her bread-foed ought to be of unbolled and unfermented meal. Many persons who think they live on the vegetarian system live very badly. They do not take pains to inform themselves what the system really is.

**E., SPICELAND, IND.**—We did not think the specimen you sent a part of a petrified *brain*, but it is doubtless a petrified section of some kind. When we have ascertained for a certainty what it is, we will let you know.

## Business.

**VERGES' ELECTRO-CHEMICAL BATHS.**—The decomposing power of the electric current has long been beautifully and usefully applied in electro-plating; the article to be plated being attached to a wire from the negative pole of the battery, and suspended in a solution of silver—for instance, when the current is made to pass, the metal is decomposed, carried to the negative pole, and deposited on the surface of the article.

This looks very simple, as it really is, but it is found that in order to be successful, certain precautions are necessary. A comparatively small battery must be used, and the metal in solution must be readily decomposable, and with a substance, that, by its chemical action, shall fix the metal deposited on the negative pole firmly in its place. It is found that to use a battery of much power the "current" or progressive wave from positive to negative, is not perfect, but there is a sort of *reflex action* or *echo* from negative towards the positive. To illustrate: If two poles of a powerful battery be plunged in a conducting fluid, the progressive wave from positive to negative will not quite reach the negative pole, but is met by a rebound or echo from negative towards the positive, that in part destroys its chemical action, and wholly prevents its plating effects, as the current, carrying with it the decomposed metallic particles, does not quite reach the negative pole or substance to be gilded, or, rather, reaches it after being modified by contact with a counter current.

To overcome this difficulty—to employ a current of sufficient power to overcome the resistance the living body imposes, and decompose metallic substances *within* the tissues, and, at the same time, to entirely obviate this reflex negative action, and be sure that these substances are safely carried beyond the vital domain towards the negative pole, is one of the problems that has occupied Professor Verges for the past three years, and which he has at length solved. This is only one of the several important conditions, a *coincidence* of all of which is necessary to a successful application of these baths.

I have been led to these remarks from the fact that Verges' method, which appears capable of accomplishing so much good, may be brought into unmerited discredit, from the fact that numbers, without proper instruction, are attempting to accomplish the same result, but who *will not actually fail*, and thus give the impression that it is only another humbug. How much real benefit it may be to the afflicted, or how much power these baths possess of deterring, advertent, non-metallic substances from the system, as claimed by the inventor, yet remains for time and experience to prove; but of one thing I am satisfied, when properly applied, the electro-chemical baths *will* extract metallic substances from the body.

CHAS. F. TAYLOR,  
659 Sixth Avenue, New York.

**KEEP YOUR TEETH CLEAN.**—Reader, observe how much better a person looks and feels with a nice, clean set of "PEARLS" in his mouth than with a foul, dirty, rusty mass of decaying bones, which causes a most disgusting stench, as well to the owner as to the friend or stranger with whom he may have occasion to speak. Consider for a moment how many grown-up men and women there are who *never* clean *their* teeth. Think, too, how few there are who have GOOD, SOUND TEETH!

The wide-spread decay and neglect of those natural, useful, and—when in health—highly ornamental organs, has induced us to procure the necessary requisites for their better care and preservation.

We have a new article of TEETH SOAP, manufactured expressly for this purpose. It is free from alkalies, and is

agreeably perfumed. It may be used every day with advantage, and will not only cleanse the teeth, but will, at the same time, purify the breath. The entire requisites, then, are simply these:

A first-rate Teeth-brush ..... 25 cents.  
A Cake of Perfumed Teeth-soap ..... 12 "  
An Illustrated Hand-book ..... 12 "

Total cost ..... 50 cents.

We will send the above, prepaid by mail, to any Post-office, on receipt of cost. Send postpaid stamps. Address, FOWLER AND WELLS, 808 Broadway, New York.

**LEWATON SPRINGS WATER-CURE.**—This establishment, founded in May, 1855, and for several years one of the most prosperous in the country, is now for sale or to let. Two years ago Mr. D. Campbell and wife retired from its domestic management on account of the ill-health of Mrs. C. It is one of the best localities in the country for a hygienic institution, and the buildings, although very plain, admit of such improvements as will make them as pleasant and comfortable as more modern houses. We hope Mr. Campbell will find some person able and willing to improve it and occupy it permanently as a Water-Cure, or it may otherwise degenerate to a mere appendage of one of the numerous hotels of those fashionable and popular watering places.

J. H., Rushville, Illinois, saw the engraving of the Lawton Blackberry in the number of the WATER-CURE JOURNAL, and says: "I have had the blackberry for a year, and wish to know the cost of the 'remedy.' " We reply, The price of Lawton's blackberry plants is as follows:  
A package of half a dozen, three dollars.  
A package of one dozen, five dollars.  
A package of fifty plants, fifteen dollars.  
A package of one hundred, twenty-five dollars.  
The *Springfield Republican* says: "The Lawton Blackberry is the queen of all berries, of most magnificent proportions, exquisite flavor and delicate texture."

Packed in the best manner free of charge. Orders supplied in rotation as received. Address The Publishers of this Journal.

**SAMPLE NUMBERS OF LIFE ILLUSTRATED.**—Since changing the form of LIFE from a four-page folio to a handsome eight-page quarto, we have had numerous applications for sample numbers. Desiring to give all who may wish an opportunity to examine the paper, we shall send specimen copies to some who are not subscribers, with the hope that the recipient may become a subscriber, or induce his friends and neighbors to join him in a CLUB, to commence now, with the beginning of a new volume. In its present quarto form it may be bound, and preserved a lifetime. The instructive matter which it contains will be found worthy of a permanent form. We intend to make LIFE ILLUSTRATED one of the very best WEEKLY JOURNALS in America.

DR. KNAPP has just concluded a course of lectures in Lookport, which are very highly spoken of. We clip the following from the *Lookport Daily Courier*:  
Dr. Knapp closed his course of lectures in this village last evening. On Thursday evening he commences a course in Buffalo. By his lectures in N. Y. he has demonstrated his ability and adaptiveness as a public lecturer, and we take pleasure in recommending him to our brethren of the press, as fully equal to any lecturer in the same field. His collection of Mankins and Models is not surpassed, and he has the ability to give them an interesting elucidation.

**OUR THREE JOURNALS.**—For Club Terms for Life Illustrated, The Phenological and The Water-Cure Journals for 1856, see the new rates under the above title in another part of this Journal.

J. N., Conestago. We can supply you with the desired books, prepaid to your address, by mail, at the prices annexed. Essays on Indigestion, by Dr. James Johnson, 87 cents. Physiology applied to Health and Education, by Dr. Combe, 87 cents. Dr. Geo. Combe's Lectures on Moral Philosophy, is out of print.

**WATER-PROOF PAINT.**—In our advertising columns, our readers will find an announcement of a much needed article, in the way of an Incombustible and Indestructible Water-Proof Paint. Those who have tried it recommend it highly, and we advise all who are in need of paints of this description to give it an examination.



## Miscellany.

For the Water Cure Journal.

## H E A L T H.

BY G. W. KNAPP.

WHAT I KNOW.—I know there are thousands this moment confined to their rooms, or beds, from the effects of "nature's broken laws," repented sick by the will of God, and truly through the will and ignorance of themselves and their doctor.

I know there are many who are willfully ignorant, or who live unhealthfully, knowingly, protesting there is no need of living so strictly hygienic, and yet are often heard to complain of poor health.

I know there are those who profess to believe in and practice the water-cure, who will, upon the first unusual illness in the family, run for the doctor, perhaps without even trying what effect water *might* have on the disease.

I know the Allopath has sundered the dearest ties, made desolate men, widows, and orphans, and youthful graves without number, through their accursed advice and drugging.

I had a friend, young, beautiful, and accomplished. She had the measles, which left her with a cough. Her father, an allopath, supposing she was going into a consumption, gave her his remedies for two years, and she now lies in the grave. Who can deny and prove that her father did not help her there.

I had a neighbor, who gave birth to a first-born, and two weeks after was taken with some kind of fever, day the way, our doctors seldom tell what *does* all a patient, who went through with the usual torture of doctors, and, finally, was actually torn from the heart and arms of her husband, and now lies with the other victims of the Allopath. The circumstances were most distressing; they were young and handsome, married a year or less, idolized each other, and just as there came a bud in the wreath that bound them, his darling Alice must be torn away from him, and he left almost distracted to wander alone with his motherless babe.

Now I cannot believe this to be God's work. It was not through want of "medical aids." It was not through natural debility, her constitution was good. Then, wherein lay the cause of so much suffering? M. E. G.

## TOBACCO AND NEWSPAPERS.—MESSRS. EDITORS:

In a former number of the Water-Cure Journal I notice some excellent remarks on an article from the "Banner of Peace," headed, "Tobacco and the Paper." It is often the case that men will object to taking a paper, because of the alleged expense that they have not the money to spare, when they can spend five times the amount in tobacco, whiskey, or something equally as useless. I say, useless, worse than useless, a real injury to them, and worse than thrown away. Some men think nothing of spending *twenty, thirty, or even fifty dollars* per year, for chewing tobacco and cigars, who, when asked by their wives or daughters to give them a few dollars to get a newspaper or periodical with, refuse, with the pitiable excuse aforesaid, that they are not able! Let them not say a word, or quit the vile and filthy practice. Or, if they will persist in it, let them at least give as much to their families to procure periodicals and books as they spend in this way. The quantity thus spent year after year, would, in a few years, be sufficient to purchase a handsome little library. But let them resolve to quit the practice at once. It is useless to plead habit, and say that they can't. They *can* if they *will*. Let them quit, persevere in the resolution, and it will not be long before they will care nothing about tobacco. II.

RATTLESNAKE BITE.—On the 5th ult. a little boy (four years old) in my neighborhood was bitten by a rattlesnake. The little boy was walking about in the woods, and stepped upon the snake, and it bit him three or four times before he could get away from it. The child's parents called upon me, forthwith, for a remedy, and I advised them to bathe the child in cold water, which they did immediately. The child never complained, in the least, of being sick, and after its foot was well bathed and rubbed for one hour and a half, it went soundly to sleep, and as soon as the child awakened up again, they applied more cold water, and continued doing so for some six or eight hours, and in three or four days the child was playing about as usual. Our "Regulars," here, tell us that nothing but whiskey will cure rattlesnake bite, but I am now convinced that they do not know everything. I give this for the benefit of your thousands of readers. Your friend, J. C. BERGNER, *Big Springs, Miss.*

A LONG age, in olden time,

When Minid was in its infancy,  
Men had crude thoughts on hygiene,  
And how to keep the golden way  
Of health.

With strange incanting sorceries,  
Of waving wands o'er magic rings,  
They strove to cut deformed Disease,  
And woo the Goddess that e'er brings  
Sweet health.

His god Abracadabra's name,  
When worn triangularly writ,  
Averting grim disease, became,  
The Syrian thought, an amulet  
Of health.

So great their faith in mysteries,  
Though it with filthy odors stunk,  
Mahomet's zealous votaries  
The Pphet's bathing waters drank  
For health!

And many sought, in later days,  
By means of vanquished Alchemy,  
A remedy for all diseases,—  
A renovating panacea,

And health.

And some would fain rejuvenate  
In gurgling talismanic springs,  
Which, once bathed in, would liquefact  
Old age, and bring youth back on wings  
Of health.

But lately hath Hygiene made  
A full and lucid revelation,  
Of all her rites and simple creed,  
Which will ensure perpetuation  
Of health.

"No 'unclean food' shalt thou partake,  
And exercise due self-denial;  
In light and air perambulate,  
And with ablutions cleanse thee well—  
Brings health."

Who'er this creed shall violate,  
Atone their crimes with pains and aches;  
Who keeps it all inviolate,  
That luxury of life partake—  
Sweet health.

No dark, mysterious mummary,  
Do her perspicuous rites contain,  
But point the straight and flowery way  
That leads unto the bounteous plain  
Of Health.

'Mid splay groves where warblers throng,  
Her pilgrim's path leads through a vale,  
Where fragrant odors float along,  
And flowers bestow the way—the vale  
Of Health.

The foliage so soft as early June—  
September zephyrs gently hie—  
Sweet Luna's silver beams illum—  
Italian blandness hath the sky  
Of health.

PROGRESS.—The Treasurer of the Massachusetts Medical Society, announced at the last meeting, that he had received the sum of *one hundred dollars* from a member of the Society, for a prize for 1857, on conditions similar to those of 1856—on the following theme:—"We would regard every approach towards the rational and successful prevention and management of disease without the necessity of drugs, to be an advance in favor of humanity and scientific medicine."

[Hydropaths will be glad to see this. The "regular" pro-

fession are coming on to our ground. Let us give them a helping hand. We shall be most happy to aid their conversion, and to strengthen them in this good movement. "To prevent and to manage disease without the necessity of drugs." Verily, the world moves again.]

A BENIGHTED REGION.—We once passed through Dark county, in the State of Ohio, but saw no particular fitness in the name to the section of country to which it is applied—at least, we have seen darker counties. We guess the sunlight of Progress has not yet penetrated the place of which our correspondent writes in the following paragraph, though it is not in Dark county:

"Our neighbors are not a progressive people. They choose the good old way their fathers trod. They feed their babies toddy or whiskey sling (I don't know which they call it, and think it does them good—quicks them when they cry and makes them sleep. Poor little innocents, it makes them *dead drunk*! I did not know I had such neighbors until a few days ago. I called to see a newborn baby, a fine, healthy-looking daughter, of whom the parents seemed very proud. The father began telling how the baby erid the night before, and he fed it with sweetened whiskey and water until it went to sleep and slept all night! Dead drunk before it had ever seen the sun rise!"

"A Temperance lecturer came through our place this summer, and my husband invited him to stop with us and lecture. He did so and was not mobbed, only threatened. Courage to do more was lacking. A neighbor told me, while advocating *holy-dosing*, she would have gladly furnished eggs if she could have found anybody to throw them at him. I involuntarily dodged! H. J. H."

## A HOOSIER'S DEFENCE OF THE HOG.

MESSRS. FOWLER & WELLS:—Your Journal having been the vehicle through which all sorts of abuse has been unsparingly poured upon the hog, you will please to permit the following, from a stray leaf in my library, to appear in its columns, in defence of the animal, at the expense, perhaps, of being branded by the Ajax of Vegetarianism, Doct. Trall, with the crime of being hogish, sensual, &c., &c.

The hog is the king of all unclean animals: his empire is the most universal, and his qualities the most unequalled of any other. He is the sovereign of the cook-shop, without him we should have no lard, no forced meat balls, nor fixed ammunition for the frying-pan, no roast pig—in short, no kitchen. Your Kittredges, Gleasons, and Taylors cry in vain that his flesh is heavy and laxative; our Tralls, Shews, and Jacksons may tell us, if they please, that it is indigestible and scorbatic; we know they would be very sorry were we to believe them, for, on the score of bilious fever and dyspepsia, the hog is the best feeder in their caps. The Jews, though many of them regard him with horror, as do some Christians (many of whom are perfect Jews, while many Jews excel the Christians in the practice of every virtue), yet neither will hesitate to eat a good slice of fried ham, when they can get it. If you want to learn the value of the hog consult the French cook, who knows how to dress eggs in six hundred and eighty-five different ways, and he will tell you that the artist alone is the head of the culinary profession, who has triumphed over every obstacle, by varying his compositions in such a manner as to feed the flesh of the hog the most learned, exquisite, and multiplied form.

"To mix the food by vicious rules of art;  
To kill the stomach, and to sink the heart;  
To make mankind to social virtue sour,  
Cram o'er each dish, and be what they devour.  
From this the kitchen muse first framed her book,  
Commanding sweets to stream from every cook:  
Children no more their antique gambols tried,  
And friends to physis wonder'd how they died."

Thus sang our imitatable "Hasty Pudding" bard, and had we asked him to name his favorite dish, he would have answered, "pork and beans," with the same simplicity as he informed us that all his bones were made of Indian corn. Put the same question to a member of the "Ancient Dominion," and he will tell you "hog and hominy"—to one from Maryland, and he will answer, "the wing of a mud ark"—to a chairman of a committee, who maintains that there is no report like the report of a cork, "no digest of laws like the laws of digestion," and he will reply "ham

and chickens"—our judges, also, and most learnedly professed statesmen, will answer, "bacon and eggs."

Nature has so arranged it that every part of the hog is good—there is nothing in him to reject. The fine arts have disputed with the kitchen the honor of stripping him, and while many a "knight of the discolored" owes his fortune to the hog, his bristles have been the instrument of the glory of a West and a Trumbull, and have added to the fame of any epic poet in a choice metaphor.

"Thy hair too bristles with unmanly fears,

As fields of corn that rise in heady ears."

The gony nabob's limbs, the dapper dandy's head, the house-maid, valet, chimney-sweeper, and shoe-black, are all indebted to him; while the divine mother of Miss —, with pointing lips "resemble blushing cherries cast on snow," owes half its sweetness to the hog.

When treating of this valuable animal, we are at a loss to know how to get into the subject, or at what end to take him. If we begin at the most noble part, we shall discover that, without much labor, it is transformed for the table of princes, so as to resemble (which we hold contrary to the arts of civilization) the head of a wild boar. His cutlets, whether broiled simple in papillote or served in ragout, are gratifying to our sensuality; his thighs and shoulders have contributed to the riches and reputation of Virginia, Westphalia, and Byronic; his ears and tongue are titbits when operated upon by an expert cook; and his uprights, when dressed after the consummate manner of Saint James, were preferred by all the members of the "Holy Alliance" to the plain though famous American dish, "the Rights of Man," the stamina of all good constitutions, which the sovereign people will finally have to cram down their legitimate throats with less ceremony than we stuff young turkeys. The hog's hams, intestines, web, and scrappings, form the essentials and tubs of all our sausages. His meat, hashed fine, in addition to the various metamorphoses it is subject to, is the principal ingredient of that exquisite stuffing which accommodates itself so marvelously to the cavities of what, to that hoasting fever, John Bull, is a *rara avis*, a roasted turkey. His breast and middlings, when consigned to the pickle, are alike estimable, whether garnished with greens or ingurgled in a New England chowder; while if hashed in small cubes, and studded like pearls over the liver of a calf, the crested fricandeau rises to our view, to reflect the queen of all the senses; and again, when cut in transparent slices, to decorate the breasts of quails, pheasants, prairie hens, and the like superlatives of the table, they supersede the necessity of larding or hasting in the usual way, giving a flavor to these roasted delights which the delicate palate of the most renowned epicure finds incomparable. Shall we mention the rasher of bacon or pork, sprinkled with vinegar, and sweetened with all the boatman's delight, and his head curled, when deprived of its house, a cheese? The very gastric juice of a true gastronome, on his beholding it, rises to the mouth, impatient to envelop it. Then comes his skin to form the boraches, in which the Spanish and Portuguese vintagers transported their generous wine, called by the old Chanonic, "the milk of the aged, the balsam of the adult, and the vehicle of the epicure." Then, again, it is destined for the erche and the sieve; and finally, to prove its superior excellence, on the saddle of the horseman.

In short, from the St. Croix to the Rio Grande, from New York to St. Francis, what would man be without his hog? His virtues and his worth are known to all, from the Mayor of your city, for whom he has long officiated as scavenger-general, to the hardy ocean trawler, the Marthead fisherman, of whose cod he is the al-de-de-camp, and although all are indebted to him for so many enjoyments, yet they never mention him but in the language of abuse, and never cease to load his name with the most opprobrious terms. Not so the ancients, they honored him by sacrificing him to Ceres, the Goddess of Abundance, for having taught man to plough the earth. The death of the wild boar on the mountains of Erymanthus, was one of the twelve labors of Hercules, and in the fables of Crete he was considered as a sacred animal. In short, he has been honored over by high priests, immortalized by poets, and his virtues have been recorded by sage historians. What school-boy does not recollect the inspired seer, who read the oracles of destiny to Aeneas, foretelling the hero that his wanderings would not cease until he should epie the predestined, infallible signals of civilization and future grandeur, a white sow recumbent with her litter of pigs, emblem of a multiplying people, the sources of wealth and power. We have heard some gentlemen from the east-

ern shore of Maryland, boast of their roasted hogs, after the West India manner, but we suspect they never heard of such barbeques as are made of the hog, which appears to us as extraordinary as the infernal venom—a roasted tiger stuffed with tempony nails, which a terrific itinerant preacher once told his hearers his Satale Majesty served up to all sinners! It appears from various historians, that among the less ancient people of Europe pork was held in such high repute as to form (as in our new settlements) not only their common food, but also the principal article of their best repasts. The Sahuque law treats more of the hog than any other domestic animal. One of its chapters is consided altogether to the punishment of hog stealing—*de furis porcorum*.

Formerly the greatest revenues of the Mother church consisted in her hog tithes. In those days the corpulent priests of France, who larded the lean earth as they walked along, and whose tutelar saint (Anthony) has ever since been represented by artists with a hog at his feet, were so fond of pork that the dishes destined to bear it to the table were called Baconiques, from the old word, bacon, or bacon, which signified a fattened pork or hog. It was then these *ten etrens* daily invoked their guardian,

"That their life, like the leap of their patron might be,  
Du lit à la table, de la table lit!"

After all that has been said of the utility of the hog in olden and modern times, we cannot but think that to him instead of the lion, belongs the title of king of animals; in point of instinct, by which he selects 72 species of vegetables, and rejects 171; in sagacity and docility, when tutored, he is but little, if anywise inferior to the dog, beaver, or half-reasoning elephant. If a storm is approaching, or a change of wind or weather about to take place, the hog is the first, with his barometer nose, true as the best instrument, to make the discovery, and to warn his keeper, by his cries and movements. With a knowledge of this fact, the conjurers tell us "he is the only animal who sees the wind." He is also endowed with sensibility as well as instinct, and has one quality which distinguishes him from all others of the brute creation, that of running to the aid of all his brother hogs in distress and difficulty, braving the greatest dangers and rudest treatment for the love of kin.

In conclusion, (in the words of a profound jurist of the west) "let me say to you" that an eastern vegetarian would be no more in the hands of a western pork eater, than a tom-tit in the talons of a bald eagle. D. M.C.C.

MOUNT CARROL SEMINARY.—We have received the first biennial register and circular of this institution, which bids fair to take a high place among the schools of the West. Frances Wood and Cindarella M. Gregory are principals. They are assisted by an efficient corps of teachers. The Examining Committee report that a *commanding, controlling* influence is maintained by the teachers. The results are cheerful obedience, faithful work and perfect order. We have never, they say, witnessed a more perfect harmony of wills and efforts. There is about the school no ordinary amount of what we call "*snaps*." Everything moves on with energy and spirit, somewhat uncommon in schools of the kind. Any display of *vim* and *push* on the part of young ladies is too often checked as unbecomingly. Not so here. Languid airs, tender fancies, weakness of lungs—all the popular female *affectations* are at a large discount in the school. This school happily combines the practical and the artistic. The teachers labor to induce practical habits of thought and common sense views of life. They were pleased to find them studying book-keeping and chemistry, in its *practical* relations. Parents who may send their daughters to this institution may rely on their acquiring cultivated manners and close habits of thought, without subsidizing into lisp, limping feminines of the *honey-suckle* order.

Address the Principals, Mount Carrol, Carrol Co., Ill.

"COALS TO NEWCASTLE."—We have just sent one of our Family Hand Mills to Oswego, New York, where they have immense flouring mills, and pack 9,000 barrels of flour a day! Hope our little hand mill will not throw all the millers out of employment; though, if it should succeed to produce such a result, they may have profitable agencies for the sale of our mill, and enigrate West, where they may rake their own grain and grind their own grist.

\* From the bed to the table, from the table to the bed.

NEW WATER-CURE IN BERLIN, MARQUETTE CO. WISCONSIN.—This is, we believe, the third establishment opened in the Badger State. The editor of the Berlin Courier thus introduces the Doctor and the subject:

WATER-CURE.—A lack of time and space, last week, prevented our calling attention to the announcement of Dr. E. L. WARREN. We have long been more than half inclined to adopt the Hydropathic treatment of disease, and having been for some time considerably out of health, we obtained a prescription from Dr. W., and about half lived up to it, and are about half well. Whether the one is the result of the other we are not fully able to say. We confess that we are very much disinclined to recommend strangers to the confidence of communism, but the appearance of Dr. WARREN on a slight acquaintance is certainly prepossessing. We do not think our citizens will lose anything by giving him an opportunity to try his skill, and the virtue of water. Residence, No. 5 Washington street.

We congratulate the Doctor. He has been fortunate enough to locate in a community well known for their enterprise, intelligence, liberality, and Reformatory spirit. An establishment here, judiciously conducted, cannot fail to meet with success. Our best wishes attend THE BERLIN WATER-CURE.

THE *Green Bay Advocate* says to the WATER-CURE JOURNAL, "Please Ex," to which we reply, we do Ex, and have Ex'd regularly ever since "long, long ago," and have found the *Advocate* one of the very best papers published in the Badger State. *Why* you do not get the WATER-CURE JOURNAL we cannot divine. There may be some allopathic doctor or other evil spirit around trying to dam up the Water-Cure, or it may be "Uncle Sam's to blame" but be assured we have you "all right," on our hook, and mail the Journal as regularly as the finger of time points to each recurring calendar upon the Water-Cure Almanac for 1855. By the way, a *new* WATER-CURE ALMANAC for 1856 is now in press, and will be printed in the course of a few days!

CHANCE FOR HYDROPATHIC PHYSICIANS.—H. PENoyer, Grissville, Illinois, offers to present an eligible lot of land to any person or persons who will establish a Water-Cure at Western Saratoga, Union Co., Illinois. The village is situated six miles from the Jonesboro depot on the Illinois Central Railroad, in a country fertile and being romantic and healthy.—(Badger the doctors.) The principles of Hydropathy are widely spread through the West, and we have no doubt an establishment would be welcomed and sustained. Who will try it?

## Reports of Cases.

We have been favored by Miss C. A. Green of the Cleveland (Ohio) Water-Cure with the following Reports of Cases treated at that establishment, under direction of Dr. T. T. Seelye —

Mrs. —, Has been an invalid for 1 years; has been the greater part of the time under a physician's care; became much reduced, and during the autumn and winter past, was mostly confined to her room. At the end of eight weeks after coming to us, walked six miles per day, and is rapidly regaining her health.

Miss —, aged 24. Had constant cough, of several months standing, great shortness of breath, chills, fever, night sweats, and severe pain in the chest; could not lie on either side; abdomen tympanitic; pulse 120 per minute. Now, after the lapse of 7 weeks, the cough, chills and fever have entirely ceased; bloating nearly gone; pulse greatly diminished in frequency, and feels, she says, quite as well as she has done for years.

Miss —, aged 17. Has been unable for the greater part of two years to walk farther than across her room. Now, at the expiration of five weeks, walks two miles per day, goes up and down a long flight of stairs several times a day, without difficulty, exercises at the Gymnasium, &c.

Mrs. —, an invalid, for twelve years; could not get up when she entered the Institution, dress or undress herself, turn herself in bed, get up from her chair, or sit down without help; walked only a few steps when supported, and had not, for several years, ascended a flight of steps. Now, after a lapse of 14 weeks, walks more than two miles per day, exercises at the Gymnasium, and goes up and down stairs several times in the course of the day without difficulty.

The following cases, of which I will give a brief outline, have been treated by us within the last three or four years:



Mrs. —. Case of threatened insanity (which was hereditary in the family). Wept much, and had a constant and terrible dread of some approaching, indefinable evil. Left us, at the end of four months, perfectly restored. She says: "I regard my restoration as truly wonderful."

Mrs. —. Acute gastritis, with hemorrhage from the stomach. Brought to us in a bed, and, after remaining one week, left, able to sit up half a day, and walk about the grounds. Had not, when I last heard from her, after the lapse of a year, had any return of the difficulty, but was in very good health.

Mrs. —. Confined to her bed six months; chronic gastritis of several years standing, had assumed a most aggravated form. She had become greatly emaciated, so that although nearly six feet in height, and of a large frame, she weighed only 93 lbs. After five months treatment she walked six miles per day, and left us in good health and spirits. During her stay with us and a few months subsequent to that period, she gained 40 lbs. in weight.

Mrs. —, aged 58. Had not walked a quarter of a mile in twenty years; remained at the Cure four months, and when she left could walk several miles a day, beside taking much other exercise, and the improvement has been permanent.

Mrs. —. Confined to her bed six months; left us after nine weeks treatment, and has since (now three years) been able to the work of the family, consisting of six persons.

Miss —, was in feeble health for several years, became greatly reduced, and confined to her bed for six months; had been pronounced incurable by several eminent physicians; indeed, that she was at any hour liable to sudden death. Left us for home at the end of four months, her friends marvelling at the change which had taken place, and has since (two years) enjoyed excellent health.

Mrs. —. Confined to her bed five years; at the end of seven weeks walked three miles per day, beside considerable other exercise.

Miss —. Confined to her bed four months. Upon rising up, or often in turning over, sinking tears came on, during which her friends had been called around her bed to see her die—loud talking or the rustling of paper in her room produced the most acute nervous distress. After twelve weeks treatment she left us, and has since (three years) enjoyed perfect health.

Mrs. —. Confined to her bed six years, was unable to raise or turn herself in bed without help; remained here seventeen weeks, and has since taken the entire charge of her family; wrote me, a few weeks since, that she had, on that day, walked three miles, beside doing her work.

Mrs. —. Confined to her bed and sofa ten years, was in summer occasionally drawn out in a little wheeled wagon; was a great sufferer much of the time; remained under our care three months, and has since taken the immediate charge of her household, had full command of her walking powers, and enjoyed very comfortable health; says she regards herself "with wonder and astonishment."

It will be seen that, in giving the outline of the above cases, I have aimed at brevity. Indeed, I could not, consistent with feelings of delicacy, go into minute detail. There is, in my opinion, too much sacredness about them to allow me to give them greater publicity. To any one wishing to make particular inquiries in reference to any of the cases referred to above, I will send a full report of such case or cases, and the name and address of the person if they desire it.

## A CASE OF ACUTE DYSENTERY.

BY G. H. TAYLOR, M. D.

It is not enough to demonstrate by reason the superiority and all-sufficiency of the hydropathic method in all curable cases of disease. The result of disease is always more or less uncertain, and so it is impossible to become acquainted with the real influence of drugs, and their deleterious effects thus become obscured. Water-Cure has scarcely a fair play after drugs, but the comparison of the two methods in cases where both have been tried, is the most popular and easy way of arriving at an estimation of their merits. The following case presents some favorable points for such comparison.

Mrs. B., a married lady 29 years of age, small stature, fair complexion, and scrofulous habit, was attacked in August, 1854, with acute dysentery. The disease ran a violent course, and, suffering a relapse, extended for six weeks, when,

appearing to have come to a termination, the discharges and fever ceased, and a portion of the strength was restored, so the patient was able to be up, and even to go out. She was treated according to the common methods, and received at different times both allopathic and homoeopathic advice. But instead of complete recovery, the discharges returned in a modified form, and the symptoms assumed a chronic character. The discharges varied from five to eighteen per day; there was a good deal of tenesmus, great soreness of the abdomen upon pressure, particularly in the course of the large bowel. The character of the discharges varied considerably, but contained a good deal of thick mucus and watery matter, and occasional blood, with undigested portions of food. Some idea of the serious nature of the case may be had when it is stated that she was not able to sit up but for a few moments at a time, and that her weight was reduced to 55 lbs.

To "keep up the strength," a plenty of what was called nourishing diet was allowed, unlimited in quantity, but nearly confined, in quality, to meat. For months, mutton, slightly cooked, eggs, &c., had been her almost exclusive food, and she was taught to have a special abhorrence of fruits and vegetables. To restrain the discharges, and prevent, as was supposed, her life from running away at once, she was under the constant influence of morphia, which was administered in the form of enemata. By this means the bowels were kept quiet for a portion of each day.

As might have been expected by all not blinded by ignorance and folly, in regard to the use of medicine, the disease continued and progressed, and it seemed destined to triumph. The decline was gradual but perceptible, and the measures for temporary palliation seemed to lose their efficacy. Her husband and relatives wore sad countenances, and looked to the no distant time when she would be numbered with those that were. But with instinctive womanly heroism she felt that her case was not necessarily fatal, though desperate, and that nature, in the exercise of her unfettered prerogatives, might triumph. In short, she insisted on receiving the advice of a water-cure physician. The physician under whose advice she then was, advised compliance with her wishes, for, as she could live but a few weeks, they might reproach themselves for not having gratified her. Accordingly, against the remonstrances of some of her nearest friends, who thought it extreme folly for her to go away from home to die, she was conveyed to our place. We confess we were not much animated with the hope of a successful issue, but were glad of the opportunity of affording the means of increasing, as far as possible, the favorable chance. The disease had run without any marked variation in symptoms, till April.

Under the water-cure, her management was completely reversed. The animal food was taken away, and bread of wheat meal, in some form, was allowed, with occasional additions of potato and fruit, all in very small quantities. Contrary to expectation, there was nothing disagreeable arising from this radical change—the consequence being salutary from the first.

The use of narcotics in the treatment of disease is the worst of the black catalogue of wrongs that human ignorance has contrived to entail on the body. And yet this incarnation of evil is popular, and more courted and praised in the protean forms it assumes, than all else offered or sought for in the medical art. People are anxious to be freed from pain, without regard to the causes or intentions of its manifestation. The moral sense and self-love are thus often quite obliterated, and long and severe is the struggle to regain the possession of one's own self after surrendering to such vile influences.

The trial with our patient was short, and the conquest noble. After the opiates were left off, the improvement was more decided and rapid. The soreness of the bowels gradually subsided, the discharges improved in appearance, and the intervals of rest were prolonged, the strength increased, and the patient was animated with bright expectations.

The water treatment was nicely graduated in amount to the strength of the patient, and consisted at first of very simple means. The compresses, fomentations, sitz baths hand washings, and injections of mild temperature, during the first few weeks, were succeeded by colder baths, packings, &c., subsequently. The muscles of some parts of the body were severely contracted, especially those of the right limb, which could not be extended, and she apprehended that this might be permanent; she was gratified to find, however, that, as strength returned, the muscles became relieved of

their spasmodic tension, and accommodated themselves to their uses.

It ought to be mentioned, that it was *perseverance* that ensured the highly gratifying result. If she had been discouraged, and given up the treatment at the end of a six weeks' trial, and had brought medicine into requisition instead, the case would have terminated quite differently, in all probability. And all who have had much experience in water-cure, will reflect how different would have been the present narration, if the proper measures were used at the first.

## EXPERIENCE IN DRESS REFORM.

BY THE REV. MRS. M. F. C.

It would seem that there need be nothing more said in favor of Dress Reform to any reasonable person, than conscience and reason must say, while the old and new styles are viewed in contrast. But we find our spiritual energy so reduced, our vision so imperfect, and our ideas so bewildered through the infirmities of nature, that in our plainest lessons of truth, our progress often seems to depend on exhortation or "line upon line." Prejudice has so generally influenced the mind, that the reformers of long-continued practice, however absurd, that reason in many instances is in the present, is mostly set aside by a willful adherence to error. "Because our mothers and grand-mothers wore long skirts, we should," says one. They had many virtues, and the recollection of them is a part of our enjoyment here; but does it follow that we must smoke because they did? take our strong tea and coffee, wear hoops and trails, short waists and "sew pillows to armholes" because they did? I presume not, since we are required not to stand still, or to go back, but to go on to *perfection*. Being a preacher's wife and dressing in the reform style, I have had opportunities of conversing with many persons in different places in Maine, Illinois, and Wisconsin, on this subject, and have very seldom met with one who would not at once acknowledge the advantages of the reform, and also their own thralldom to the genius of the times, which precludes improvement faster than fashion may lead. As I turn my eyes to the window, I see groups retreating from a lecture; we have had a lovely shower, and of course the ladies have their *hands full* to secure their fine dresses. Some hold up their dresses only, others make less modest, fashionable, and most fashion will sanctify any exposure it may chance to impose, elevate their skirts too; but no matter, *nothing shocking to refinement* so long as they have not on the *panta*. Oh fashion! long and unlimited has been thy sway, and cruel thy oppression! In the commencement of the "Bloomer excitement," several ladies of my acquaintance, of the first class in morals and respectability, in compliance with their own convictions and their husbands' wishes, were among the first in our village (a village in Maine), to assume the reform. But they were diffident, undecided, and fearful to appear in public in the new costume, consequently they were not prepared for opposition; and when in the street they were saluted by the rabble as "Bloomers," they were seen as such no more. I approved the reform in word, but waited to see the result, being naturally very diffident and rather slow to embrace new moves until fully convinced of their character. My husband (like other *consistent* men) viewed it as an important improvement, but for some time only referred to it as such, with but feeble hopes of making me a true convert. However, "While I was musing, the fire burned" to the consuming of prejudices, fashions, indecisions, and other vain fancies of the mind. So in a few months after my fearful friends had given up the enterprise as a failure, I came out alone "clothed and in my right mind." For the last few years I have seldom punished myself with the old style of dress, which since I have become accustomed to the new, is epitomically "to be loathed." A few words to mothers and I close. For the lengthen of your life and health, for your present convenience, for your daughters' in "their generations," for the good of the world, and for your soul's sake, embrace this priceless reform and keep your daughters in the right way, or if they have already turned aside to the unrighteous customs, by precept and example, have them brought back, and teach them the true principles of independence in relation to right. Writing for others to read—except private letters—has been almost out of my line of employment for the last few years, having had the oversight of several *orphan girls' learners*, the youngest of whom almost one year since left us to join its kindred spirits in the "Celestial City." As I feel anxious for the prosperity of this dress reform, believing it to be one of the *great reforms*, I would say to those accustomed to write. Present your arguments in favor of this reform often, and thus assist the hesitating to decide.

E. W. GANTT, Hydropathic Physi-











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